Castleton Spartan

CASTLETON UNIVERSITY'S STUDENT NEWSPAPER

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Deans' office transforms over the summer

By Will Chmielewski
Castleton Spartan

Dean Johnathon Spiro comes in every morning at 6:45 with a smile on his face. He clearly loves his job.

But this year's job isn't last year's job.

Spiro is the new academic dean here at Castleton and he says he's excited about the new opportunities this position brings.

As associate academic dean in past years, he found himself signing his name to student paperwork on a daily basis. Now, as the top academic official at the university, he has closer ties with faculty – but he's also the last stop students go to determine their academic fate.

"I just love it, and in this position especially, and you can actually make a difference in the lives of thousands of students and that's amazing," Spiro said.

Before Spiro became a dean at Castleton, he was a history teacher at Castleton and was the chair of the history department, where he would become a favorite by students.

Meredith Fletcher, coordinator of Placement & Graduation Standards who works in the same office as both deans, sees how much students gravitate to Spiro.

"His interactions with the students are great. They all love him. He is very personable and he listens to the students," Fletcher said. "He will throw in a couple of jokes and they like that."

Moving Spiro to head academic dean Position allowed for another teacher to move into his former position. Business professor Cathy Kozlik took Spiro's duties, but on a part-time basis. Kozlik will continue to teach three classes in the morning while working as a dean in the afternoon.

"I'm excited to be in this new position, a new challenge for me. It's very different," she said. "I'm still one foot in teaching. I want to continue talking with students and interacting with students. I don't want to lose that," Kozlik said.

MATT ZITWER / CASTLETON SPARTAN

Associate Academic Dean Cathy Kozlic and Academic Dean Jonathan Spiro are part of a new, revamped deans' office

With the semester just underway, Kozlik said it has been a fun challenge between teaching classes and doing work as a dean and meeting with students and signing forms.

"In the three weeks I have been here my head has been spinning," she said. "But it is kind of fun."

The two moves also mean that former Academic Dean Tony Peffer has moved to a new position in President Dave Wolk's office as a special assistant to the president. Peffer will now be able to help increase graduate programming as well as being a liaison to the international students, Wolk said.

Wolk said he likes the moves for a lot of reasons.

"So in part, the intention is to ensure that the lines of communication between faculty and administration are open and strong and by the same token, having deans with one foot in the classroom, allows them to be more effective in connecting with students," Wolk said.

He praised both Spiro and Kozlik and said he's confident in their abilities to help students.

"She is also like Dean Spiro, an amazing educator, so in part the intention is to ensure that the lines of communication between faculty and administration are open and strong," Wolk said.

Wolk said, Spiro is a strong academic, who has had scholarly work published and is very well respected by students and is seen as a great and effective professor, which makes him great for his position.

"Dr. Spiro is Immersed in the life of the university, you will see him at musical, and theatrical performance, at many athletics contest, at Soundings events, and he is very involved on and off campus. I believe he has his finger on the pulse of the university," Wolk said.

LGBT club grows

By Leo Richardson
Castleton Spartan

Sitting in the Formal Lounge of the Campus Center, surrounded by the few familiar faces of the previous year, the door just kept opening up and flooding the room with new faces.

By the time the first meeting of Spectrum Pride was brought to order by President Kyle Gosley, there were at least twice as many people as the previous school year.

The majority of new members came from the freshman class, which is not surprising considering the class of 2020 has more than 600 students.

When asked about the growth of the club, Vice President Emerson Spiese said the large new class probably has some impact, but he said the growth "(could) definitely be due to how active we were as a club last year and the new gender-neutral housing."

"It brings a lot more attention to a club that can easily be overlooked, and that attention helps bring awareness and new members," he said.

Senior Chelsea Carey has been a member of the club for her entire time at Castleton and she recounts that her first year there were only four people in the club, and that for the two years following there were roughly 10 at any given meeting.

"The first meeting of this year, though, seeing the formal lounge full of people, every seat filled, was really awesome," she said.

The club has plans to set their constitution at their next meeting, but before that happens, members attended Burlington Pride on Sept. 11 (Read next edition to see how it went!).

Approximately 30 students attended, with club members saying it is the closest Pride event to the Castleton area.

The club also has had some discussion about trying to work with area pride groups to get Pride Vermont resources back into Rutland and the Castleton area.

It's not all perfect though.

There is some division among the members of the club as to what the focus should be. A handful of members wish for the club to be primarily a chance for members of the LGBTQ+ on to sit and socialize with each other, and be able to just relate with people who face similar problems as them.

See Club, Page 6

CONTRIBUTED BY CODY GARDNER

With help from friends, Castleton graduate Cody Gardner recovers in the hospital after losing his leg in a car accident.

Gardner's new reality

Former CU student deals with life after tragic car accident

By Jadie Dow
Castleton Spartan

Peaceful green and white lights spun around. Eight hours of surgery were supposed to determine Cody Gardner's fate, but he believes he was given an option.

A voice came out of nowhere.

"You have a choice. You can either come home or go back and have a second chance.

You're one of the lucky ones."

He chose to live.

On the night of Aug. 6, Gardner's life changed forever. He went to a cookout with some friends, had some drinks, and they all parted ways. Gardner went home, and then got into his vehicle to go to another friend's house.

On his way there, he hit a tree.

The next morning, he woke up with broken ribs, compound fractures in his right femur and ankle, severe cuts to the top of his head, a compound injury in his left ankle and severe damage to his liver, spleen and aorta.

"It was the biggest mistake I've ever made in my life. I hurt my family and my friends. I feel guilty every single day. Every single morning when I wake up and put pants on I will be reminded," Gardner said.

Perhaps the most devastating injury he sustained was in his right foot. The main artery was dead, and he chose to amputate from the mid shin.

In a personal story Gardner wrote and shared with his friends and family, he is quoted saying, "I could try and live with a non-functioning leg or I could have it amputated and eventually get a prosthetic in the future. I chose to have it amputated because I felt that this would let me be able to live my life as close to normal as possible."

When Gardner was a Castleton student, he touched many lives at the university. Business professor Peg Richards was one of them

"I think he is a joy to have in the classroom. He does something to a classroom that makes it the best one that semester. Every teacher wants him in class," Richards said.

When Richards learned of Gardner's accident, her initial reaction was to call every hospital around to see how he was doing. When she finally found where he was, all she wanted to know was how soon she could see him.

"I went up to see him the week before school started. I thought he was really good. He was really banged up. More than I thought he would be. He's like most people - he never thought anything like this would happen. He is lucky that he's alive," Richards said.

In a day, Gardner had up to 30 visitors. A GoFundMe page was created to help pay for the hospital expenses, and many people have donated.

"I never realized how many people would come out to support me. It's so humbling," Gardner said.

Among those visitors was Castleton English professor, Bill Wiles. Wiles taught Gardner in his Intro to Lit class, and has remained close to him ever since.

Wiles mentioned that when Gardner gave his famous, spirited tours, he would often stop and chat with the prospective students.

"What has impressed me so far is his positive attitude. Even after his injuries, he still maintains a positive outlook," Wiles said.

Gardner has tried to maintain his notorious positivity, but as with anyone who has suffered major trauma, he has gained perspective.

"Littlest things in life can be taken away and those are the things you miss. I'm 23 years old and I can't go for a drive right now. You take everything for granted. It's the funniest little things that bother me the most. I feel like a little kid again," Gardner said.

Gardner is considering sharing his story with others, and may start with some classes at Castleton. He reached out to Dennis Proulx, the dean of students, to discuss this possibility.

"Castleton is always interested in helping alums change the world. One of Cody's gifts is presentation. He was a wonderful tour guide. He has the type of personality that shines through a group," Proulx said.

CONTRIBUTED BY CODY GARDNER

Gardner sits on his couch with a smile.

But perhaps it would be better to start on a smaller scale.

"I would love to have him come to class. Perfecting a message that he wants to deliver to people. With this story, he's even more inspiring. It's a great place to start," Richards said.

In light of everything that has happened, Gardner has some advice for others going forward.

"Don't think that it can't be you. If you have something you want to achieve, then go for it right now. Don't overlook anyone that might mean the world. I'm cheesy and Hallmark now," Gardner said.

Editorial ▷Page 2 • News ▷Pages 3 & 4 • A&E ▷Page 5 • Front & Back ▷Page 6 • Sports ▷Page 7 • Sports ▷Page 8

We need to welcome them

By Shannon Fischer
Castleton Spartan

A once beautiful country that flooded with tourists and attracted them to the amazing architecture and sandy beaches is now war-torn and battered. Syria's devastating condition due to the civil war has left Syrians without basic life necessities like food and electricity.

Imagine being brought into this world just to live a life of struggle? Innocent Syrians are in the midst of a crazed environment and are expected to suffer because of actions they did not commit.

Syrians don't get to live healthy and sustainable lives, and that is devastating, but equally devastating are attitudes by some who don't want to help them.

It's refreshing, however, that other countries are stepping up to help these suffering people, and it hits even closer to home because Rutland, Vermont will likely be taking in 100 Syrian refugees.

The plan for Vermont to take in these refugees was announced in April, and by next fall, the refugees could be turning Rutland into more of a melting pot.

Although, this is exciting for the people who can escape their hardships, the issue of taking in Syrian refugees is controversial.

Rutland Mayor Christopher Louras has received backlash for allegedly pushing the proposal in secret, though he denies that. And the public seems to be both outraged and accepting.

According to the Vermont Refugee Resettlement Program's page on Facebook, the issue seems to be split down the middle. Facebook user Sanda Tosto sympathized with the struggles of refugees and related it to her past experiences.

"As a refugee, I know how hard it was not to have simple things like water and food! If you were a child, your childhood was taken away! You saw how much parents risked to feed their kids and to keep them safe! Coming to the United States was one of my biggest blessings! I hope that other refugees are able to come over and build a life with their families!" she wrote.

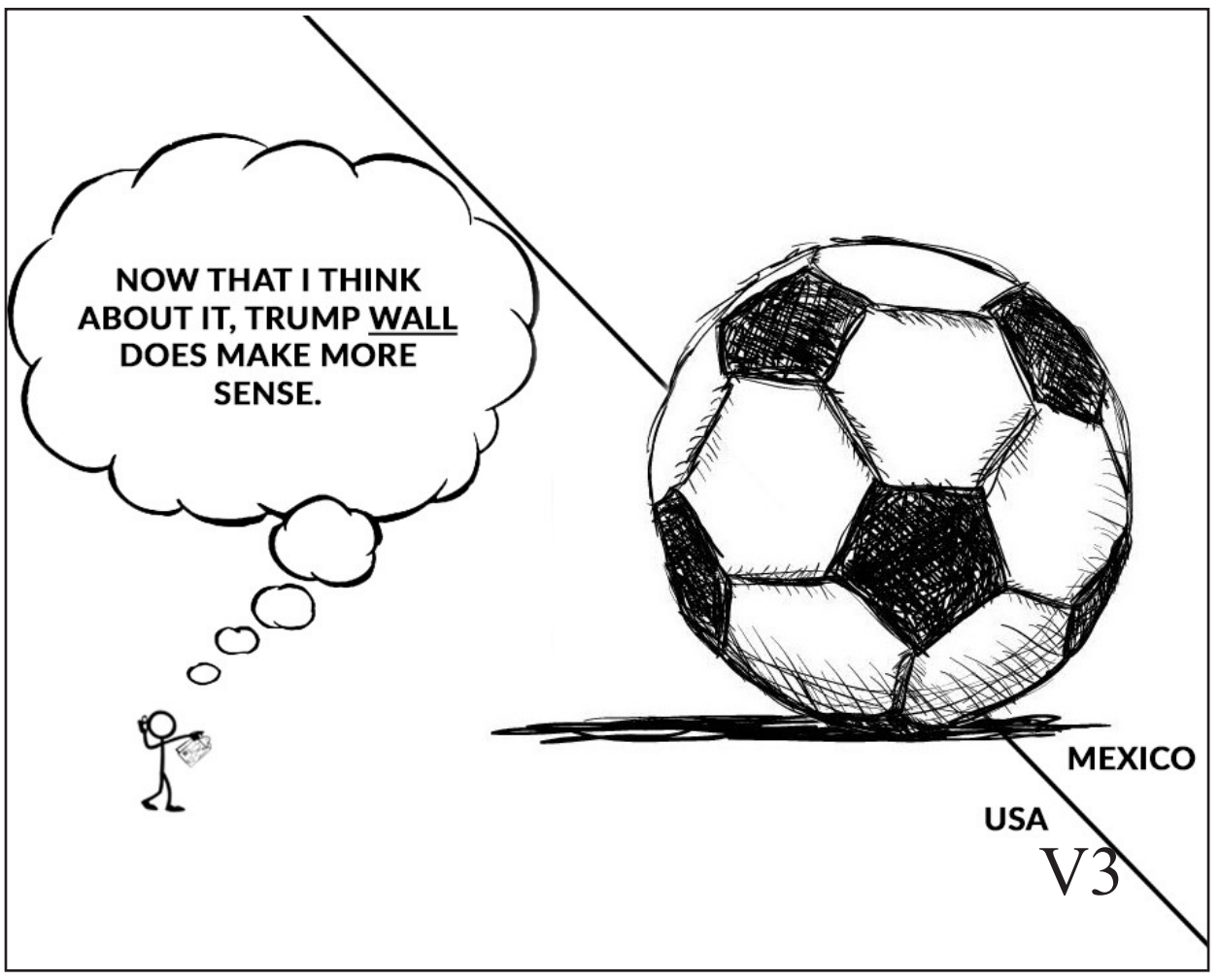
Facebook user Leigh Smith also supports the plan writing "We must be poised in Vermont to welcome those in crisis -- whether domestic or foreign."

But there are also Facebook pages specifically created to oppose this plan including one named "Opposed to Rutland Refugees."

User Sharon Rabideau wrote on that site that "The government & politicians seem Hell-bent on destroying the ability of Americans to prosper economically and to live a purposeful life!"

The ignorance of her words is troubling. So Syrians don't deserve to prosper and live a purposeful life? It's baffling that people who most likely have a roof over their head, food and water to drink, and clothes on their back are so narrow-minded. If we can make a difference in this world just by lending a helping hand, we're accomplishing a great deal. What happened to compassion and not alienating people based on how they might differ from us? By taking in these refugees, people will see that we're making a difference and Castleton University President Dave Wolk was right to lend the support of the university community to welcome them.

Let's hope bureaucracy and narrow minds won't prevent their arrival.



International Perspective

Italian Student sheds light on her experiences

By Leena Maraldi
Castleton Spartan

My name is Leenda, and I am a freshman in Castleton University.

For some reason, the word "freshman" seems to have become politically incorrect, as opposed to "first-year." I am not a fan of political correctness; besides, "freshman" is a great word.

In it one can feel the fear of a new place, the constantly getting lost and being found. One can laugh at how ridiculous we look with our lanyards around our necks. Who do we think we are, the FBI? But after all, that is the only way we have to keep track of our keys.

I chose to be a freshman; I could have been a "primo anno" instead, which means – a freshman, but in another language, on another continent, 4,000 miles away from Vermont; in Italy, my home country.

In fact, I am not only a freshman: I am an international freshman, a heart split in half by the Atlantic.

Being an international student and a freshman at the same time can feel a bit overwhelming and scary at times. Missing home is even worse when you don't even know where home is anymore.

But damn, is it worth it.

That salty gap in my heart is not so forceful when you can fill it with sunsets, ink, footsteps and laughter. All of these miles and these hardships will never be comparable to the joy that fills me when I learn something new, or when I try to make some sense out of the constant language battle that goes on in my head, and it makes me laugh, and my friends laugh with me.

LEENDA MARALDI / CASTLETON SPARTAN

No degree of separation will ever compare to being appreciated and rewarded for working hard in a way that would never have happened in the place that I've always called home, until I found out that the world is my home.

I know that I will never drink enough to be satiated of my thirst for knowledge. I could read my whole life and that would not be enough. But I can travel, and that's the greatest gift that mankind has.

In the meantime, I can laugh at my own confusion, embrace it and love it: there is so much more that needs to be found.

Take the challenge to go out there and explore.

The world is waiting for you!

Fresh Perspective:
I'm experiencing numerous firsts

By Dara Davison
Castleton Spartan

College is a place where a person is able to make a fresh start. For me, starting fresh means I get to experience numerous things that I have never experienced before.

Every single person has a different first experience and/or fresh start when they begin college. I've experienced many things in my first week of college, including living in a room with someone else, sharing a bathroom and learning to live on my own. I know I have been feeling a mix of emotions, as many of you are too.

Learning to live in a room with someone, let alone living in a suite with seven other girls, can be extremely challenging.

I am an only child and not used to sharing a room with someone or a bathroom with other people. For someone like me who is so used having a bedroom and a bathroom to themselves, it's definitely an adjustment to learn how to live others and how not to be a hog of space.

It's also been an adjustment learning how to live on my own.

I'm trying to learn how to do laundry, manage my time, get exercise in, not gain the freshman fifteen and many more things. It can take a while to get adjusted to a certain schedule and make time for

DARA DAVISON / CASTLETON SPARTAN

things like a study schedule, a social life, etc. For the first week, it's difficult for to start figuring out how to manage time properly with school work and a social life.

After going through my first week of classes, I have a general idea of everything will go.

I'm sure every freshman entering Castleton feels a mix of emotions. Some of the emotions I have experienced my first week here are homesickness, nervousness about being on my own for the first time and excitement about making new friends and experiencing something totally new and different.

Eventually, all these emotions that I am feeling now will become a distant memory and I hopefully won't feel these set of emotions again until after college.

Starting college can be difficult for some people and not so much for others. In my case, I was extremely lucky that I had the chance to really connect with my roommate before we got here and that definitely made things easier. My suite mates and I get along really well which is also a good thing.

One last thing that has made my first couple days better here at Castleton is how helpful and kind everyone here has been. I am feeling pretty good about this fresh start and hope you are all too!

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castletonspartan.edu

Castleton Spartan
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Wolk: We are one extended family

By Leenda Maraldi
Castleton Spartan

The Casella theater was packed full of students and faculty at this year's convocation.

The ceremony was held on Thursday, Sept. 1 at 4 p.m. and broadcasted live through NSN and viewed by hundreds of spectators around the world.

The event began with a musical prelude performed by the Castleton wind ensemble, led by director Paul Kafer and ending with the National Anthem.

President Dave Wolk welcomed the audience greeting new students in particular, which he described as "an impressive group that set off to a wonderful beginning."

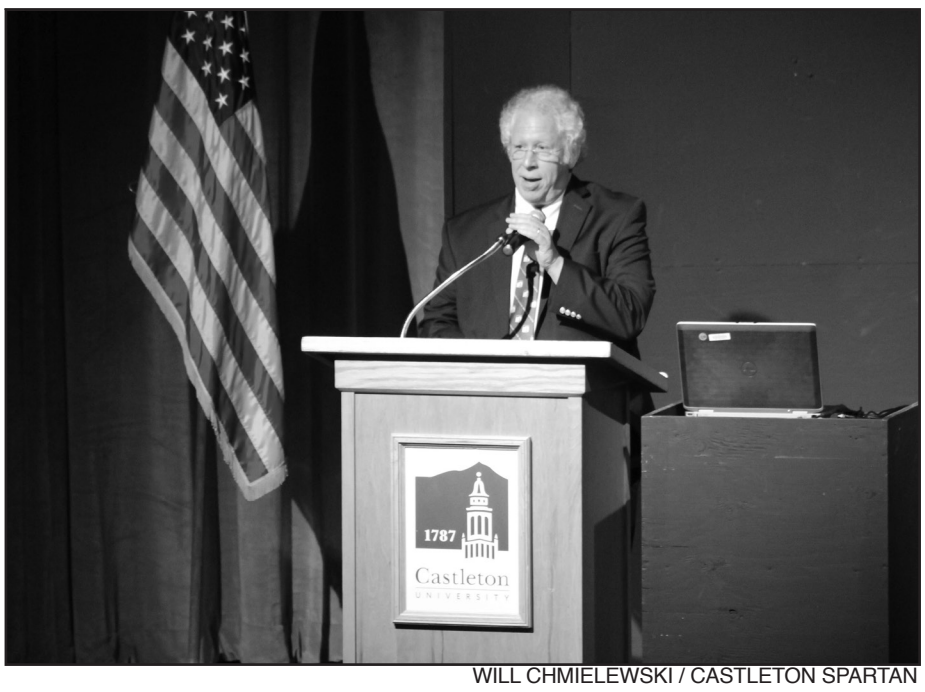
This year is a notable one, as it marks the arrival of many new faculty and staff members and Wolk proceeded to welcome them one by one.

Jeb Spaulding, chancellor of the Vermont State Colleges, who travelled to Castleton for the occasion, then occupied the podium.

He addressed Castleton and its students as a "great contribution to the Vermont landscape," thanking everybody for making Castleton special.

Helen Mango, president of the Faculty Assembly, then offered students a challenge and an offer of help.

"We want you to succeed," she said, addressing the students, "we want you to reach for help."



WILL CHMIELEWSKI / CASTLETON SPARTAN

President Wolk addresses the students at convocation on Sept 1.

She proceeded to give an animated example of how to write an email to a professor, amusing the whole audience when she recalled having received inappropriate greetings such as "Yo."

Then it was Tyler Anderson, class of 2017 president of the Student Government Association, who took the stage. He talked about what the SGA is working on, and what their goals are for this year. He said that they always welcome suggestions and involvement of the student body.

By then it was time for two special recognitions: Commuter student of the semester presented by Wolk and won by junior Dave Warnecke, and with the Outstanding Young Alumni award presented by Gary Quinn and won by Jenna Reed.

While awarding Reed, Quinn quoted Ralph Marston, saying "excellence is not a skill; it is an attitude," and referred to Reed as an excellent alumna who succeeded in making her dreams of becoming a state forest ranger come true.

After the awards were given, Wolk moved on, talking about Spartan pride.

"Castleton is an extended family," he stated. The affirmation raised a cheer in the crowd showing that Castleton students are definitely proud of their #343 green and of their alma mater.

He also talked about the new projects of the university, including new student housing in Rutland,

which will be featured in an open house on Sept. 15, and painting of the Old Chapel. He spoke about how tuition was frozen for the past year, and how Castleton added new scholarships.

"We are on the move," Wolk stated.

There are new galleries in downtown Rutland, and there is new civic engagement opportunities regarding Project 240 – which consists of a collaboration between Castleton and the Rutland Paramount Theatre in order to elevate public discourse around the 2016 election.

"Vermont cannot stand still. The future demands that we continue moving both on and off campus," Wolk said.

Then the video "Together We Can Change the World" was displayed, enhancing the real Castleton experience for both new and returning students. At the end of the video there was an unexpected guest.

Ryan Dempsey, from the band Twiddle, born right in the Castleton campus, walked on the stage and talked to the students about all the great opportunities that Castleton can offer, and how it changed his life. He then thanked Wolk for including his music in the soundtrack of the video and greeted the new and returning students, wishing them the best of luck on their journey.

After Dempsey's surprise speech, Wolk talked about Rutland welcoming 100 Syrian refugees from 20 families.

Castleton is already forming, and will continue to form, multiple initiatives to celebrate Syrian culture and educate the community in order to help the refugees blend in and feel at home in Vermont.

"We are all one family, we are all related here," Wolk stated.

On the same theme, he spoke about how Castleton has an amount of international students never seen before and representing 33 different countries.

For this semester, Castleton is also hosting Chinese faculty members, who will definitely contribute to the multicultural environment of our campus.

Some other news he announced involved new gender-neutral bathrooms and housing, the amplified transportation, which has upgraded to nine daily trips to Castleton's Rutland campus and the agreement between Castleton and CCV that will allow the students of CCV to complete their education at Castleton at a facilitated cost.

It is clear that the general theme of this year's Convocation was openness and how welcoming Castleton, its president, student body, faculty and staff are toward the new.

"It has warmed my heart to witness the absolute euphoria from our students, staff, alumni and other friends over the years as we have cherished our transformation to Castleton University," Wolk said in closing. "After 15 years here, it is so clear to me that indeed we are one extended family, on a journey together to transform lives and to be transformed ourselves."

'I could have stayed there the rest of my life'

Senior Jaime Nolan backpacks across Europe on summer break

By Jaime Nolan
Castleton Spartan

After four flight delays, a plane switch and mishap in Amsterdam, I was off on an adventure with my childhood best friend. Like most backpackers, we left with little plan and no sense of direction. We spent our days getting lost in glorious cities from the coast of Barcelona to the ruins of Rome, and seeing all there is in between.

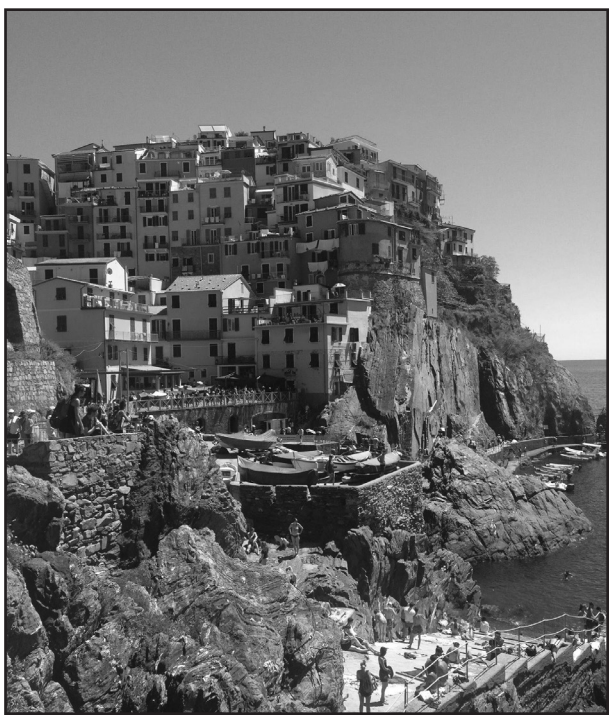
When we were attempting to establish a plan for our adventure, we didn't want to just see the major cities. We wanted to get a real sense of the culture that surrounded us. We wanted to find the hidden treasures of places not many people have heard of. Manarola, Italy was the treasure I was looking for.

Manarola is a small town a part of the Cinque Terre region-- five fishing towns on the rocky coast of the Mediterranean. I cannot pinpoint the exact reason why I fell in love with this town so much. Maybe it was the crystal clear water, or the simplicity of their lives that drew me in. Either way, it was my favorite part of my trip.

The train ride to Manarola was pretty dark. Literally. There were many tunnels, so you have no idea what your surroundings look like. When you arrive, it's a shock. Once off the train, we were surrounded by a place that is completely opposite of the western world. Cars are replaced by boats and McDonald's is replaced by local eateries. If I wasn't staring at the incredible view, I was cliff jumping into the ocean. I could have stayed there the rest of my life.

I am so grateful I was able to go there in particular because that could be the last time I ever can. According to The Guardian, they received too many tourists last year, and the Italian government is now implementing a strict law that limits the amount of tourists allowed in the region.

This was my second trip to Europe, and it was just as incredible as last time, if not more. To the people who say they never want to travel, you're crazy. Traveling opens your mind to everything around you by learning new cultures. Pictures don't do justice to these places. So go pack a bag and embark on an adventure you'll never forget with your best friend.



PHOTOS CONTRIBUTED BY JAIME NOLAN AND BRITTANY WINTER

Jaime Nolan's adventures in Europe this summer included stops in Monorola, Italy, left, and Barcelona, Spain, right.

New bar to be finished within the month

By Shannon Fischer
Castleton Spartan

Castleton University students have long awaited the opening of the bar that's been in the works since last semester at the Castleton Pizza Place and Deli.

The wait should be over next month, according to its manager, Wenger Rehlen.

Unlike Fishtail, the bar being put into the Pizza Place and Deli will be more laid-back and casual, Rehlen said.

It is also right next to campus, so students can stumble back instead of finding a ride from Fishtail. The bar will be convenient and will be like a "third place," which professor Philip Lamy believes would be an asset to our community.

"All human beings exist in three different places: home, school, community/neighborhood. A real third place is where you are where community happens. This is where we meet our neighbors," Lamy said.

There are surpluses of events at Castleton, but there are not many places to go and hang out, he said.

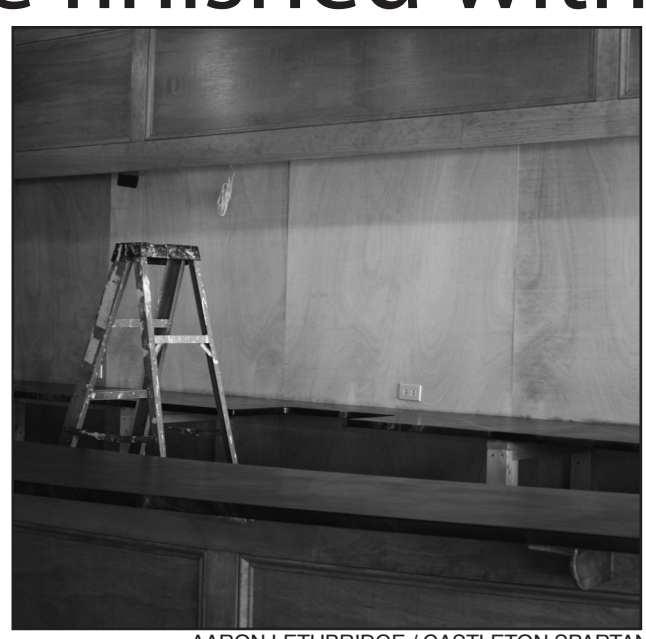
"In our society today, we've confused the importance of events with places. I'd rather go to a place that's simple and comfortable that already has a built in audience," Lamy said.

Like students, Lamy said he's excited for the opening.

"I'll be one of the first people sitting there at the bar," he said.

Based on interviews with students, he's likely not to be alone.

"I'm excited about it. I think it will be nice having a bar within walking distance of campus. Hopefully it's done by my 21st birthday," said senior Becca Bushee.



AARON LETHBRIDGE / CASTLETON SPARTAN

Construction is almost done for a new bar at Castleton Pizza Place and Deli.

Other students shared the same reactions.

"I'm very excited, solely on the fact it will be much safer for students. They can walk to it from campus and not have to worry about finding a ride to or from drinking and driving," said junior Nick Barnier.

Reba Miller, an employee of The Castleton Deli and Pizza Place and a junior at Castleton, shared her excitement as well.

"I'm really looking forward to seeing the finished product. The bar has potential to be a really sweet spot," Miller said.

Rehlen, son of local businessman John Rehlen, gave insight on his hopes for the bar.

" I think it will be successful. Well, it will hopefully bring some more people in. We've had a lot of success with our bar out back. Customers tend to gravitate toward the casual dining bar experience," he said.

He said the bar's scene will differ vastly from Fishtail Tavern. Rehlen refers to this bar as a "different market."

"I'm not really going after the late-night crowd so to circle back around about Fishtail, I think students will go for that, a late-night drinking kind of thing. This is more geared toward dined eating and drinking, a pub atmosphere," Rehlen said.

Although there's still a little wait, Miller said, "all good things come with time."

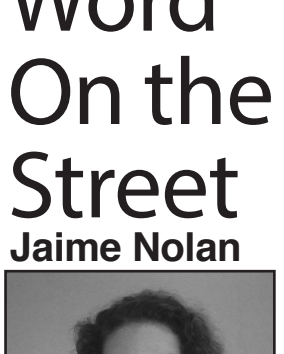
Word On the Street

Jaime Nolan

Question: How do you feel about the Syrian Refugees coming to Rutland?

VERONICA ARNONE

"I think it's a really good thing. In my opinion, this country was built on refugees. My family came here as refugees and to the united states in the 1920s."

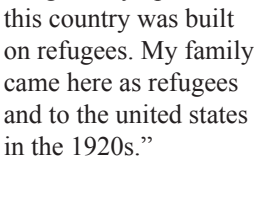


AMINAH OROGI

"I think it's a really cool idea. It's really nice to do for them just as long as we have the right resources. We have to be completely prepared for them to be here."

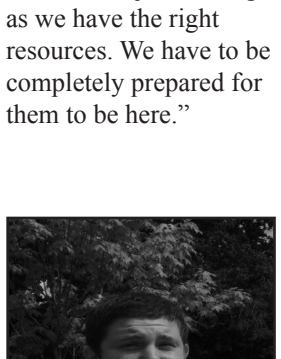
JOHN VITA III

"There's Syrian refugees in Rutland?"



WILL MASSOP

"I think that knowing that we are a country of compassion, we should help people out. There also has to be some kind of security, some kind of checks to make sure that these people are not coming here to harm America."



NICK THOMPSON

"I am not opposed to that. I think it's a great cause and I think we should take them in because it's a hard time over there."

From Ohio to Vermont

By Adam Cook
Castleton Spartan

ADAM COOK / CASTLETON SPARTAN

New area coordinator Jill Rader sits at her desk. The Ohio native said she's excited to be at Castleton University.

Jill Rader is the new Area Coordinator here at Castleton University. She grew up in Ashland, OH, and attended the University of Mount Union in Alliance, OH, where she majored in sports business, minored in business administration and health, and lived for seven years before moving to Vermont.

Q: What do you think of Castleton?

A: I need to make this answer good, right? I have really enjoyed the people that I work with as well as the students that I have interacted with.

Q: Knowing you love Ohio, what brought you here to Vermont?

A: I've always wanted to move to the East Coast. I'm a huge Ukon women's basketball fan. The east coast has always kind of attracted me.

Q: What is Castleton like compared to your alma mater?

A: It's pretty similar in relation to how active the campus is. Castleton is a little smaller, probably about a thousand students smaller, but pretty relative in size. Athletics were really important at my alma mater. Our football team had won twelve national championships, so it seems like athletics are pretty important here.

Q: What's awesome about being an AC?

A: What's awesome about being an AC is interacting with the students, and knowing them on a personal level, or even a professional to student level.

Q: What don't you like about being an AC?

A: It's unfortunate when we have to document students, but I believe that the documentations can turn into an educational and learning experience for the students. It has its pros and cons.

Q: What is the difference between being a hall director and an academic coordinator?

A: They're actually pretty similar. Pretty much the same responsibilities, other than the name difference. At my previous institution, there were ten resident directors. Here we have two area coordinators and the assistant director as well as the director.

Q: You were an assistant coach in softball at Mount Union. Any plans to do anything with sports here?

A: Actually, I'm meeting with the head softball coach today to potentially volunteer and put in some time with the softball team.

Q: Are you a baseball fan?

A: I am.

Q: You probably are a fan of the Cleveland Indians or Cincinnati Reds.

A: Right, the Indians, definitely.

Q: What's it like being in Red Sox territory?

A: Well, I haven't really come across any Red Sox fans, although I'm a huge Cleveland fan in all aspects. I think the biggest issue right now is the Browns. The Browns are not too good, so that seems to be much of the hassle that I get, about the Browns. The Indians are doing well, and I know the Red Sox are doing well, so if it comes down to post season and it's the Red Sox and the Indians, going to have to go with the home town.

Q: That question actually helps lead into my next one. What if Castleton goes up against your alma mater?

A: I spent the last three years working at my alma mater, too… I would definitely be indifferent. I would have to cheer for both teams.

Q: What about in softball, since you're planning on coaching them?

A: You know, I would hope that Castleton, whom I was helping coach, would win. I hope both teams play well, I just hope that Castleton would come out on top. I wish Mt. Union well in everything that they do except if they were ever to play Castleton. Sorry, Mount Union.

Q: You live in a dorm here on campus, correct?

A: Correct.

Q: Did you live in a dorm at Mt. Union when you worked there?

A: I did, yeah.

Q: How do the two dorms compare?

A: They're pretty similar in size I know that the oven here is bigger here than the one at my previous institution. I couldn't fit a cookie sheet inside, so we always used to joke that it was an Easy Bake oven. That's the only difference.

Q: Where do you see yourself in ten years?

A: That's like a million dollar question. Definitely working in higher education in student life. Maybe the director of residence life at an institution.

Q: This last one might be a little bit difficult. Tell me something about you nobody would guess.

A: Oh wow… No one would guess? Let's see here. I guess before moving here I only lived in Vermont once, but that's not very exciting. I was a three score athlete in high school. I played volleyball, basketball, and softball.

MARTIN VANBUREN / CASTLETON SPARTAN

Castleton freshmen plant the annual class tree outside of the library.

FYS brings freshmen together

By Nicole Webster
Castleton Spartan

MARTIN VANBUREN / CASTLETON SPARTAN

Members of the freshman class gather for the traditional candlelighting ceremony.

Hearing "Vinny! Vinny I love you," from at least four first-year students in junior Vincent Tatro's first-year seminar group every time he walks in a room shows what kind of bond is formed between Student Orientation Staff leaders and their group of students in the first week of classes.

"They're just awesome, very supportive … Other SOS leaders come up to me and tell me what a great group they are," Tatro said, trying to explain their apparent adoration of him.

At cabaret, held at the end of orientation for new students, Tatro said his students were in the first row of the Casella Theater cheering, laughing and engaging with the acts onstage when many of the other students had left.

Others seem impressed with the incoming students as well.

"This is the nicest freshman class that I've seen in a long time," said first-year-seminar professor Robert Wuagneux.

This year's freshman class is the third largest in Castleton's history. Maurice Ouimet, dean of enrollment said the reason he believes this class is so large is because "students love Castleton."

He said students see the way the community interacts and how happy the students are and then they want to come here.

Freshmen at Castleton agree.

"Castleton has an amazing environment that is very welcoming," said freshman Kelsey Birdsey.

It is Birdsey's first extended period of time away from home and she admits to being homesick. She said her new friends and their support are helping her through the homesickness though.

Brandon Bailey, another first-year student, said he used to be shy and he's planning to make a new, better self while at Castleton. When he said that, Birdsey and another student exclaimed, "You were shy?" with shocked looks on their faces.

Anders Bright, a first-year student in Tatro's FYS and theater major, said he loves the opportunities to be involved in various activities at Castleton.

"Even though I didn't make it into a show this time, I know that there will be a lot more opportunities for me to be in others," he said.

Tatro said he loves that the students seem so motivated.

"Last year, one freshman auditioned for the fall show, and this year eight auditioned," he said.

Tatro also said he was amazed that his group became so close so fast.

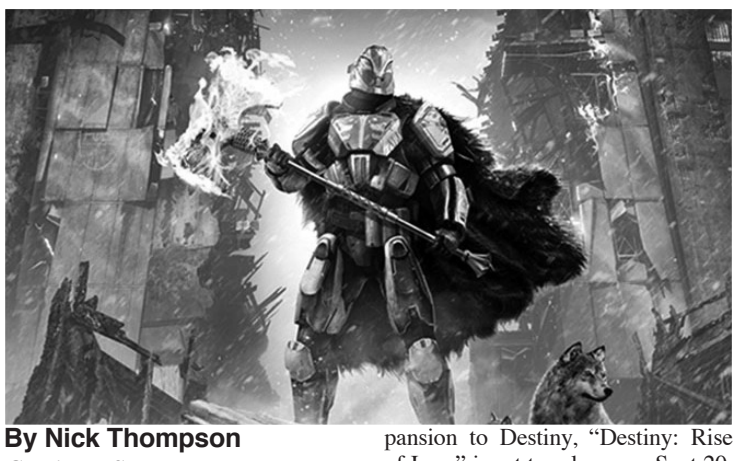
"One day I walked into Huden and there were like seven of them sitting together eating and talking. That's the whole point of FYS, for freshman to go into their first year of college with a solid friend group," he said.

The freshmen said they feel welcomed, and are excited about how they will transform here.

"I like seeing everyone's individualness, I'm learning more about myself, and it's a huge opportunity to grow," Bright said.

The wait for Destiny is almost over

PS4 and Xbox announce the release date of their newest expansion of Destiny



By Nick Thompson
Castleton Spartan

All right, all right, all right. Got a fresh update on the upcoming expansion to Destiny, "Destiny: Rise of Iron," is set to release on Sept 20. It's a First Person Shooter with Sci-Fi influence that takes place within our solar system.

Destiny is colossal and packed with tons of story and lore that really casts you full throttle into a whole new world.

In year one of Destiny, you followed the leads of a mysterious female Exo Stranger in hopes of saving the Traveler from the Darkness, killed a hive prince known as Crota (dudes pretty gnarly looking) and then aided the Queen of the Reef in capturing Skolas, Leader of the House of Winter.

Year two, you just spent time campaigning against (and eventually killing) Crota's pissed off dad, Oryx.

Highlight reel of the past two years complete, now onto the good stuff.

Rise of Iron is by far going to be the best expansion. Why you may ask? Because one of the main focuses of this expansion are the Iron Lords, hence Rise of Iron.

It delves into the background of Lord Saladin, and what happened to the other Iron Lords when they faced a technological plague known as SIVA. The Iron Lords sacrificed themselves to contain the plague, to keep it locked away. The Fallen, a tech-hungry race that loves cybernetic augmentations, found SIVA and brought it back.

Now a whole Fallen army infected by the SIVA tech, threatens the last city on Earth, with their spiky metal peg legs…How intimidating.

The new area called the Plaguelands, that the Guardians will get to explore, is located on good ol' planet Earth. The light level cap has been bumped up from 335 to 400, you get more weapons, a new raid, and more armor.

You also get some neat pre-order bonuses, such as the Gjallarwing Sparrow (vehicle) and a new take on the original beast of an exotic rocket launcher, Gjallarhorn. There is supposedly a very long and lengthy quest line you must complete in order to unlock it though. Seems fit for such an eloquent weapon. These two gifts are only guaranteed when you pre-order Destiny: Rise of Iron though, so if you're itching for a sweet new ride and one boss ass rocket launcher, you got T-minus 13 days to do so! I'll catch ya in the Plaguelands, (aka me) just nerding out while you're off doing better things!

A war of the food trucks

DARA DAVISON / CASTLETON SPARTAN

Castleton students trade in their Huden dining plans for themed foods from the community advisors' "food trucks" at the pavilion on Aug 31.

By Patrick Cote-Abel
Castleton Spartan

The chatter of 100 excited voices reverberated within the temporary vinyl walls of Castleton University's pavilion and the air hung heavy with the smell of fryer grease. Intermittent gusts of wind wafted the scent of fried batter, melted cheese, and crispy chicken toward the dorms, drawing even more students closer.

More than an hour after the Aug. 31 event began, there was still a line, albeit short, of excited students waiting for the opportunity to get inside and try the tasty and unhealthy treats that their community advisors had prepared.

Not only did the "food trucks" supply an artery-clogging escape from Huden, they also served to introduce students to the new and returning CAs, who will be writing them up for the rest of the year.

Upon entering the pavilion, each student was given a ticket that they could use to vote for the best "truck," taking quality of food, design and theme into consideration.

The "food truck" event was hosted by the Residence Life Department in conjunction with Sodexo and was masterminded by Sodexo General Manager Rob MacFarlane.

Hoping that students would enjoy a change of pace from Huden and Fireside, he reached out to Shaun Williams in Residence Life in attempt to organize a new and exciting event.

Inspired by television programs like "Cupcake Wars," Williams decided to give the dormitory CAs a challenge during training. They would be responsible for forming teams, creating a theme and menu, and decorating a sign that would serve as the visual representation of their non-existent trucks. While the CAs did assist with basic prep work, all of the cooking was done by the Sodexo staff from Huden.

This massive relocation of Huden employees led to the dining hall being closed for the evening, which upset some students. Senior Peter Michelsen did not attend the event in the pavilion and said he didn't even know that it was taking place.

"When I saw Huden was closed, I got pissed and stormed off," he said.

The same sentiment was echoed by senior Vincent Guerrera, who was also unhappy that Huden was closed for the evening. It wasn't until he mentioned to a group of friends that Huden had been closed that he learned of the food truck event. Guerrera said if a similar event were to be held in the future, both Residence Life and Sodexo "should promote it better, have some music, and don't close Huden."

"It also seemed like all they were serving was dessert, there should have been some real food," he said.

In actuality, there were six booths in total, only two of which were serving dessert food.

Despite the lukewarm reaction from some students, many of whom appeared to be most upset that Huden was inexplicably closed, others were very excited about how the event went.

Senior Dalton-Jesse Cummins, one of the servers and menu designers at the "Green Goblin" food truck, thought the event went over well.

"It was a really cool idea. I would love to do it again in the future … It was a cool idea to get people out of Huden and the variation was really nice," he said.

He did, however, see how some students may have been less than happy. Despite the variation, selections were still far more limited than in Huden.

But junior Jenna Goldsnider thought that the event went over fantastically. She said students "really enjoyed something different."

"Huden can get mundane when you're eating three meals a day there," she said.

She also felt that a fortunate side effect of serving food to students is that it cemented the CAs as authority figures.

"Even if people living in my dorm don't know my name, they seem more willing to come up to me and ask me questions now," she said.

Goldsnider also felt that "the pavilion is such a great venue and it seems to never get used by the college, despite being the perfect size for things like this."

While no particularly similar event is planned for the near future, Residence Life does have numerous events planned throughout the year. And Williams said he isn't sure if another such food truck night would be held, saying he likes to keep coming up with new events so that students didn't get bored with recycled ideas.

He was, however, receptive to the idea of having similar events, although he acknowledged that it would not be possible without the input and help of Sodexo.

The winner of most popular food truck was "Wing Stop," with 135 votes. The runner-up was the taco truck with 133 votes, followed by the "Green Goblin" in third place with 127 votes.

First R-rated animated movie is a guaranteed laugh

By Catherine Twing
Castleton Spartan

Excluding "Deadpool" in February and "Finding Dory" in June, I have struggled to find a movie I really liked this year – and I work at a movie theater – so I see a lot of them. I was about to give up on my hope for another great 2016 film until I went with a friend to see the funniest, dirtiest, wtf movie I have ever seen: "Sausage Party."

"Sausage Party" is not your typical R-rated film with a few sexual references, explicit language and some nudity. This movie has full on food porn. No, I don't mean those addicting Instagram accounts showing you endless pictures of burgers and tacos and cupcakes. No. This movie has literal food porn. Animated hot dogs having intercourse with hotdog buns, orgies with bagels and tacos and sausages. That kind of food porn.

For someone like me who enjoys that kind of humor and laughs at sexually frustrated wieners and evil douches, it is the perfect movie, but if you don't like bad language or sexual references it might not be the film for you. I am comfortable talking about topics that others might not talk publicly about, but even for me, this movie had many moments where I just had to stop and ask myself if this was really happening.

The trailer shows it to be a movie about food finding out what happens when they get chosen and taken to the great beyond, but most of the action happens within the supermarket. As different foods with different views work together to find their way home, they learn the truth about their fate and devise a plan to defeat the humans.

Beyond the funny aspects, there are also some more serious messages. "Sausage Party" has strong themes of love, loyalty, teamwork and also questioning everything you've been taught. When their belief that being chosen is a good thing is challenged, some characters accept it faster than others. One scene shows Frank, a sausage, talking with Brenda Bunson, a hotdog bun, asking her how she can believe something so blindly with no proof. There is solid evidence that she is wrong, but she is still holding on to her outdated be- lief. This could be a dig at religion, but also a larger statement on questioning information you are presented and demanding evidence before trusting it as fact.

Another aspect that adds to the hilarity of the movie is the cultural and political references. The Jewish bagel and Middle Eastern lavash fight over their space in the aisle while the German sauerkraut sings about exterminating the "juice." The movie also involves many same-sex relationships and sexual encounters. I think it tries to normalize talking about all kinds of sex to make it a more comfortable topic to discuss. But I might be looking too far into it considering I'm talking about a movie with living food.

If this review alone has scarred you for life, you might just want to go re-watch "Finding Dory" instead. (And no shame, because I loved that movie.) But if you are intrigued, go see "Sausage Party" and watch it with others, because you'll need someone to help you figure out what the f--- you just watched when you make it to the end.

ROTC and CU recruit

MATT ZITWER / CASTLETON SPARTAN

Castleton Army recruitment, and ROTC, left, pose against a Humvee with Spartan Stadium in the backdrop during the first Castleton football game of the season against Plymouth.

Syria through art

The Christine Price Gallery on campus highlights the artwork of 12 Syrian artists, right, who focus on their individual reations to the devastation in their country.

JAMIE YAGER / CASTLETON SPARTAN

From *The Spartan* to the real world

Former newspaper leaders are excelling after graduation

By Catherine Twing
Castleton Spartan

Heroin, homelessness and senior citizens were not the top things on Callie Ginter's mind as she edited *The Spartan* last fall, but now, as a general assignment and beat reporter for the *Keene Sentinel*, she is expected to be the expert on these topics.

"They're two really hard things to cover and then one light and fluffy thing," she said of her job at the daily paper in New Hampshire. "I also cover city news."

Like many former editors, designers and writers for *The Spartan*, Ginter is now using the skills she learned at Castleton while working in the field.

Last spring, she completed an internship at *The Rutland Herald,* which she said prepared her for the heavier workload and atmosphere of the newsroom.

"The *Herald* helped with going from a bi-weekly paper to the daily paper like the sentinel: time management, getting your own stories, editing things in time," she said. "The *Herald* got me prepared for walking into a news room and the vibe you get.'"

She also credits Spartan advisor and Communication Professor Dave Blow and his teaching style.

"Dave's extra time where he teaches people how to edit stories is what helped me compared to other reporters here. I have more experience with certain things just because Dave took that extra time," Ginter said of Blow.

And for students who want to follow in her footsteps to a newsroom, Ginter offered some advice.

"Read a lot and write a lot," Ginter said. "Trust the experience you gained and trust what people who have gone through it have told you."

Blow, a Castleton and *Spartan* alum himself, had his first newspaper job in Granville, N.Y. He recalls back to the late 1980's when he was a reporter, photographer, sports writer, and classified ad designer all in one. When he first started, design was done by hand from developing photos to using a wax roller to make pages before sending them to the printers.

But a lot has changed since then.

PHOTOS PROVIDED BY MOLLY DEMELLIER AND SARA HARRISON

Former *Spartan* leaders Molly DeMellier and Sara Harrison have jobs after graduation. DeMellier is working for Castleton University's communications office and Harrison is a page designer for Manchester Newspapers.

Today at Manchester Newspapers in Granville, Castleton alumna Sara Harrison does all the page design on a computer – the way she did while serving as page designer for The Spartan.

While at Castleton, Harrison was a communication major with a digital media concentration and a double minor in business and art.

"Everything I learned at *The Spartan* I have been able to use here. I've brought a few ideas to them here that we used at *The Spartan* too," she said.

Her advice to seniors looking for jobs is to apply early.

"I didn't realize how long an interview process can take. Start early," she said.

Jorah McKinley, former *Spartan* editor and member of the class of 2015 has some different advice.

"Don't feel pressure to take the first job you're offered. I turned down a job I didn't think was right," she said. "I took a year off. I travelled and I think that's the most valuable thing."

After graduation she took a gap year internship working for *Fiji Magazine*, an in-flight magazine that sends interns all around the South Pacific. McKinley had the chance to travel to the Solomon Islands for free while writing and doing something she loved.

This spring, she completed another internship with tour company Sail Croatia and sailed up and down the Adriatic Sea filming the experience.

"I was following a tour company and they posted on Facebook one day looking for a videographer. I got an email a couple days later. So if you pay attention in Video 2 class you can cruise for free," she chuckled.

McKinley is now using her degree as a copy editor in Shelburne, Vt. at Nova Natural Toys and Crafts.

Another alumna and former Spartan editor working in Vermont is Molly DeMellier, who returned to Castleton in July as the assistant director of the Castleton Fund and Donor Relations.

DeMellier, a December 2014 graduate, moved to Manhattan after school to earn her master's degree in public relations and corporate communication from New York University; a degree she will complete after one more semester.

"I always wanted to try New York. My dad was a travel agent and we would do trips to the city," she said. "NYU was the perfect place, but I really quickly realized it wasn't where I want to be forever. Castleton is where I love."

While at NYU, DeMellier had a graduate assistantship working with donor relations, similar to what she will be doing here in Vermont working with sports donors to benefit athletics.

Although she found out that the city wasn't for her, she learned a valuable lesson.

"Don't be afraid of anything. I learned so much about myself and I never need to wonder what it would be like in a city," she said. "The whole world is open to you and you have so many opportunities ahead."

DeMellier's time working with *The Spartan* helped her develop skills necessary for grad school and her current position.

"I felt I knew everyone on campus. It really helped talking about something you might not know much about and with people who don't think the same way I do," she said, adding that *The Spartan* also taught her leadership and the ability to balance your responsibilities.

Because of the changing landscape of news today, Blow encourages students to take several internships and fill up their metaphorical tool kits with video, writing, editing, design and social media skills.

As advisor to the Spartan he has seen many students go on to work in the field and is proud to see what each of them accomplishes.

"It's the most rewarding aspect of this job: seeing that passion I have and students sharing it with their readers," he said, citing a recent story by Ginter about a homeless teen. "I would have loved to write that!"

International students adjust to life on campus

By Nicole Webster
Castleton Spartan

Of all the international students at Castleton University this semester, 44 percent are freshmen. A total of 27 new international students started classes making a total of 61 international students representing 33 countries.

The university has expanded its international reach by using new exchange programs including the World Learning Program, which is run by the United States federal government. Castleton has four students from that program for the fall semester this year, according to Deborah Singiser, Director of International Student Services.

Bayan Alsairy, from Saudi Arabia, is one of those students and she said she wasn't expecting to land in a place like Castleton.

"I'm from a small city, so I didn't think I would end up in another one. I wanted to go to a big city," she said.

The World Learning Program chooses a school for its students so they don't have a say in where they will end up explained Alsairy.

Though she wasn't expecting to end up in a small town, Alsairy said she is enjoying her time at Castleton and said that it left a "very positive impression" when she first arrived.

Ben Mrowka, from Australia, feels the opposite way about the size of Castleton.

"The campus feels big to me. Everyone tells me it's not … In Australia, you take a bus in, study, and go home," said Mrowka.

Mrowka was recruited to play basketball here, which is one of his favorite things about Castleton, even though it hasn't started yet. He said that in Australia they don't have sports at their universities.

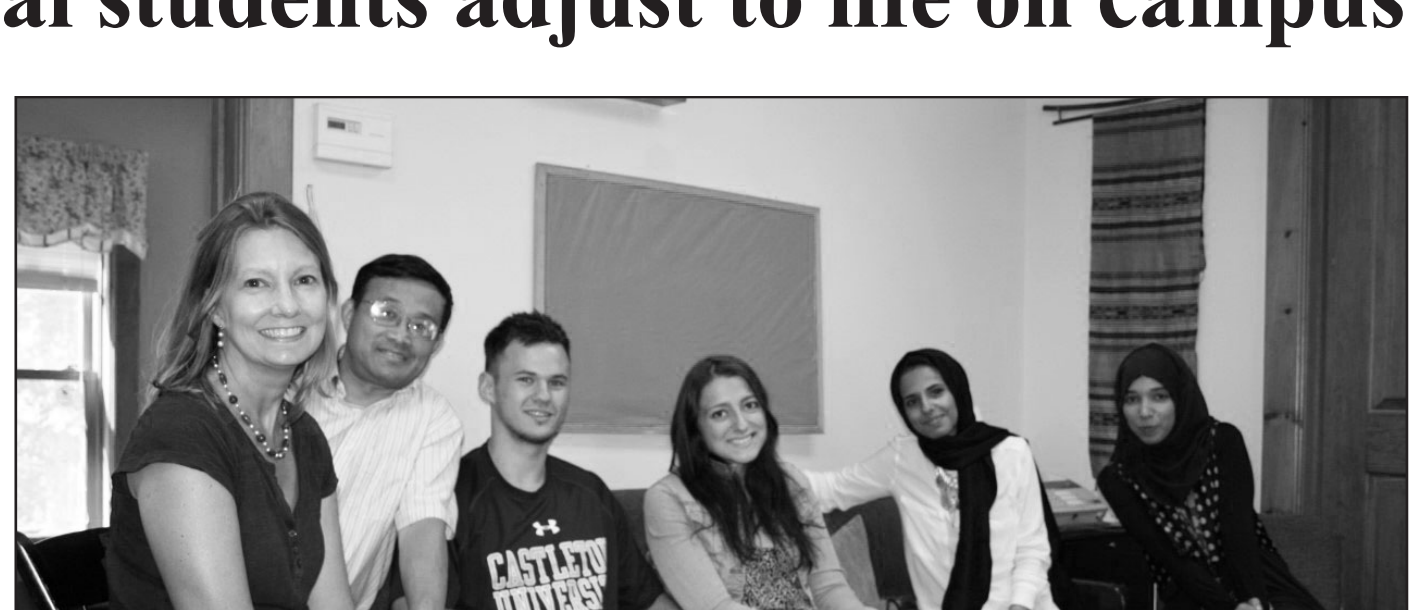
He is planning to stay at Castleton for four years to get a teaching degree in physical education and then go back to Australia for another year of school to get his teaching degree there.

Another student who is taking advantage of different things Castleton has to offer is Bahdja Sehli from Algeria, who is also a part of the World Learning Program.

"I keep a list of my first time doing things. It gets longer every day," she said.

Sehli likes all the clubs that Castleton has to offer and wants to use them as a way to add to that list. She wants to try riding horses in the horseback riding club and write for The Spartan.

Clubs are a big part of international student life, according to Singiser.



CARLY TROMBLEY / CASTLETON SPARTAN

Four new international students pose with leaders of the college international program last week.

"The students really take advantage of clubs… They start clubs all the time. I know this year some students are starting a film studies club," she said.

Clubs don't have as big of a presence at the schools that some of the international students are coming from and neither does living on campus.

Just like students don't live on campus in Australia, they don't live on campus in Italy, where Leena Maraldi is from. Also, they don't pay tuition.

"Everybody thought I was crazy when I said I was coming here, to a place where tuition is so expensive, because we don't pay tuition in Italy," said Maraldi. She said her friends couldn't understand why she would pay for school when she could go for free at home.

Maraldi ended up at Castleton through a program where students choose a country they would like to study in. Colleges and universities, like Castleton, also use the program to connect with students from those countries. Maraldi was given a list of ten options she was matched with and chose Castleton.

"I think I made the right choice," she said.

Maraldi studied in the United States during high school and was introduced to baseball by her, boyfriend who lives in New Jersey.

MATT ZITWER / CASTLETON SPARTAN

Chidinma Ezugwu, left, and Kinyenje Ngigi spend quality time together in the Campus Center during the job fair last Thursday.

"I turned out to be a bigger fan than him," said Maraldi about her love for the sport.

She bought tickets to see the Red Sox but couldn't go because the game was three days before she was allowed to come to the United States.

"I even called the Italian embassy to see if they could help me," she said.

Though she didn't make it to that game, Maraldi said she will get to one while she's here.

American culture has already impacted Maraldi and these international students will also affect Castleton.

"This job offers many rewards and a lot of joy, but the greatest source of joy is the impact that the students have on Castleton students, faculty and staff," Singiser said.

Club offers safe space

Continued from Page 1

There is another portion of the club that desires to take a more activist approach to things, and try to get more positive changes to happen on campus and in the greater Castleton community. The club plans to find a happy medium, potentially creating a committee of members who want to focus more on activism within the group as a whole.

A freshman, who asked to stay anonymous, stated they have "… never had a safe space to go before, where acceptance is the norm and expectation. I haven't attended a meeting yet because I didn't really know there was such a supportive group on campus, but I'm glad that my new home at Castleton is a safe space for me."

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Spartans look to bounce back after 2015

By Eva Clark
Castleton Spartan

Just three games into the season, the Castleton field hockey team is already half way to matching their win total from the 2015 season.

After a slim 2-1 loss to Union College in their first game, the Spartans responded with an 8-5 win over Morrisville, and a convincing 10-1 win over Daniel Webster.

"We realized last year we had a long way to go, and so we worked really hard starting in spring ball. Our whole drive was to stay focused and work on our skills," said senior Cassidy Auger. "Scoring goals was a struggle for us last year. We're definitely getting better at that."

And score goals they have, notching a total of 19 in the first three games.

Last season, the team recorded 30 goals total.

Sophomore Sarah Wells and junior Emily Lowell have each recorded four goals on the season. Senior Haley Spittle has three, to go along with a team-leading four assists, and freshmen Mia Sanborn and Cydney Jeffrey each have two goals.

"We're half and half on returners and freshman, but I think the returners that did come back are doing really, really well and the freshman have really stepped up to fill the spots that needed to be filled," said junior Stephanie Van Fleet.

With a freshman class of eleven, the team looks much different.

"Our freshmen are extremely solid, not only skill but also personality wise. We did a really great job as a whole team, not just me as a recruiter, in deciding which athletes were going to positively impact the team," said Coach Jessica Kischko.

The women have their eyes on the North Atlantic Conference Championship trophy, which the Castleton field hockey team hasn't raised since 2013, and have high hopes and goals for the season.

"Obviously our big goal this year is to make playoffs, and that's the first step toward winning the NAC and going on to win NCAA games," said Auger.

Spittle expanded on the team's goals this year.

"It's going to be important for us to just attack each game individually, and even though our biggest goals are focused around the conference … it's the non-conference games that are going to prepare us for that. We should learn from the tougher, non-conference games leading up to our in-conference schedule," Spittle said.

The Spartans will face another one of the non-conference teams Spittle speaks of on Tuesday, September 13th, when Plymouth State travels to Spartan Stadium for a 4 o'clock match-up.

"I'm really excited about the direction that our team is going. Our team's culture has made a big change in the past three years and I'm excited to be a part of the program and really see it come to fruition this season," Kischko said.

COURTESY OF CASTLETONSPORTS.COM

Castleton forward Sarah Wells strikes a ball during their 10-1 win over Daniel Webster.

Moe's Motivation

Despite an unusual upbringing, this small-town running back from New Jersey is making a name for himself at Castleton University

By Jordan Lumsden
Castleton Spartan

In just a single season, Castleton's Moe Harris emerged as one the ECFC's premier running backs.

As a freshman, Harris finished second in the league in rushing yards with 1,065, and touchdowns with 14, announcing his presence to the rest of the league. In doing so Harris claimed ECFC Rookie of the Week honors seven times in 2015 including five straight Rookie of the Week honors.

But his football story pales in comparison to his life story, which saw him leave home at 15 to live with a surrogate family. It wasn't ideal, but that didn't phase him.

Harris first started playing football in the fifth grade at the guard position. In seventh grade, he switched to running back – and then the heads started turning.

Although Harris always gravitated toward the football field, when he reached high school, football became more than just a game. It was his escape.

"Through the years I saw him using football as his outlet," said Lisa Sabato.

Insert "Ms. Lisa."

Lisa Sabato is a stay at home mom with three children from Pine Hill, New Jersey, Harris' hometown.

"It was a beautiful thing to watch," Sabato said about watching Harris become the football player he is today.

She and Harris met when she was a lunch aid while he was in the fifth grade. Through "Ms. Lisa," as Harris calls her, he developed a close friendship with her son, Eriq. The friendship grew into a brotherhood and eventually Harris was spending most nights of the week at the Sabato house.

When he was 15, following a "huge disagreement" with his father, Harris moved in with Ms. Lisa and her family. Now, with four kids in a two-bedroom townhouse, Ms.Lisa knew it was going to be tough – And so did Harris and Eriq.

Both of them would get jobs each summer to help pay bills and support the family. Ms. Lisa would pick up catering jobs throughout the year to contribute as well.

Her main concern, however, was for her family. Now with an even fuller house, she knew it was going to be a tight squeeze. Ms. Lisa now sleeps in the living room. Knowing that teenage boys need their space and privacy, she decided to give them her room.

"It wasn't even a question," Ms. Lisa said. "It was a struggle, but I wouldn't change it."

Harris still returns to live with Ms. Lisa on breaks from school and refers to her as "Mom."

"When he's here, he is Mr. funny man," said Ms. Lisa

Whether it's cracking jokes, acting goofy or dancing around, Ms. Lisa said Harris is always trying to lift people's mood.

Teammates agree.

"He's a clown," shouted linebacker Joel Antoine from the couch.

But not always, other teammates say.

"He's quiet," added wide receiver Makai Hawkins staring at the TV playing a game of Madden 17.

Teammates say Harris is harmless off the field, but on the field it's a different story, adding another dimension to their offense.

"When you have someone like Moe, the first 1,000-yard rusher in Castleton history, we can not only base our offense around Soren (Pelz-Walsh), one of our best receivers, but now we have a dual threat running back," said wide receiver Chris Terry, also while playing Madden 17.

And the Spartans leaned heavily on Harris in 2015 as he racked up the second most carries in the ECFC with 211.

Harris' main goal is simple … To win.

That will and determination to succeed, he said, comes from a strong support system**:** his mother and father.

Athough still married, Aclen and Linda Harris live in seperate homes, Linda outside the Pine Hill area. And even though Harris and his father have struggled with their relationship in the past, he said that he's always been there for his, adding that if he needed anything, they would find a way to give it to him.

"My parents support me like no other," he said.

When he was younger his father, Aclen Harris was laid off at his job as an auto mechanic when Harris was in middle school. He would pick up side jobs to ensure his family was taken care of, something Harris said he's extremely thankful for. He added that even though his dad isn't much of a football fan, he has made himself more available to watch Harris play at Castleton.

He remembers last season, the first time his parents saw him in a Spartans uniform. It was homecoming versus Alfred State.

"I knew I would have to put a show on for my parents because they hadn't see me play in a while," Harris said.

And that he did, rushing for his first 100-yard game.

Harris took a year off from football and attended Camden County College, a junior college out of Blackwood, New Jersey. But he wanted to play football again.

Being away from the game for a while did raise some questions.

"We weren't really all that sure because he had been away from football for a year so there was a bit of an unknown. What kind of shape are they going to come back in? Is it going to take them a while to get ramped back up?" said Castleton Head Coach Tony Volpone. "He just really started to come into his own in the second or third week of the year and from there seemed to get better and better."

Volpone added that Harris made it an easy decision for him to be named the starter.

"I think Moe is an explosive back that can change the momentum of a game on one play," Volpone said. "You hope that it helps elevate all the other people in your program."

He still remembers his stat line from that homecoming game against Alfred State (although he said stats don't matter.)

"One-hundred-one yards on 19 carries for one touchdown," he said with a smile on his face from ear to ear. "I felt like I was playing for them and they were there to see it."

MARTIN VANBUREN / CASTLETON SPARTAN

Moe Harris looks to stiff arm a defenender in a game against Plymouth St. earlier this year.

Castleton draws Plymouth St., 0-0

By Brock Pollard
Castleton Spartan

Following a game to forget against Skidmore, the Castleton women's soccer team hosted Plymouth State this past Saturday for the home opener. It took two hours and twenty minutes and two overtime periods – only to end in a tie.

The final score ended in a pair of goose eggs, as neither team could find a way to put the ball in the back of the net. Castleton managed to outshoot Plymouth 16 to 12. However, Plymouth had seven shots on net compared to Castleton's three.

"They had a couple breakaways and a really good opportunity early off of a free kick," said goalkeeper Jessica Binkowski.

Just 14 minutes into the game, Castleton fouled about 25 yards out. Plymouth State's Sophie Brisere set up for a free kick and fired a shot on net. Binkowski dove fully extended and tipped the ball up and over the crossbar keeping the game locked at 0-0.

Senior captain Eva Clark led the team with five shots, two on net. At the other end of the field, other senior captain Jessica Binkowski looked strong in net stopping all seven of Plymouth State shots handedly.

As for the Panthers, Naomi Kramer and Hannah Kallis both led the team with three shots each, both with two shots on net. And Annaliese Schmidt was able to deny the Spartans on all three of their shots making it a battle of the goalkeepers.

"It was really frustrating because we are all anxious to finally get a win under our belt. Their style of play made it hard for us to settle the ball and play our system, which was hard offensively," said senior defenseman and captain Nicole Wershoven.

The lack of scoring stirred up the game physically, as both teams racked up the fouls. Castleton finished the game with 16 fouls — and one yellow card just 11 minutes into the game. Plymouth State tallied nine fouls and one yellow card, which came late in overtime.

Castleton added 12 freshmen to their roster this offseason. Players said it can be difficult to mesh with teammates that haven't had a lot of time to practice together.

"We have a very different team this year and it's still early in the season," said Clark, explaining that there is still a lot of time to improve this year.

On Thursday the women traveled to Saratoga Springs to take on the Thoroughbreds of Skidmore. The game ended in a loss with a final score of 7-3.

In a matter of one game and just two days, the Spartans managed to not give up a single goal, or a loss.

"Overall it was an improvement as our second game and we hope to continue moving forward," said Binkowski, reflecting on the game.

The Spartans fell to Wheaton College (Mass.) 3-1 last saturday and fall to 0-3-1 on the season. They will open up NAC play at home Sept. 17 at 7 p.m. against New England College.

COURTESY OF CASTLETONSPORTS.COM

Senior midfielder Eva Clark battles a Plymouth St. defender.

Energy high in first varsity season

MATT ZITWER/
CASTLETON SPARTAN

By Kathleen Thompson
Castleton Spartan

Saturday, September 10th at 3:00pm marked history for Castleton University as they showcased the varsity women's rugby team in their first ever home game against Sacred Heart.

"We are all definitely nervous, but also extremely excited to be here and making history at our school," said Junior and veteran player Kayleigh Daniels before the start of the match.

After an upsetting lost to Norwich last week for their first official game in the NCAA the team just hopes to get better.

"We are really just hoping to improve so much from last week. We have put in a lot of time training with Coach (Frank Graziano) during practice and have also sacrificed a lot of our free time, doing one on one training so I hope it shows," Daniels said.

However, Castleton wasn't able to contain Sacred Heart falling by a score of 45-10.

The Spartans came out roaring in the first quarter with senior wing, Casey Commeau, scoring off of a pop pass, assisted from senior prop, Katie Campbell. Commeau avoided the tackle and sprinted 30 yards down the right side line for Castleton women's first ever try.

When asked how it felt to be the first person to score a try for Castleton women's rugby Commeau answered, "It was great and even better it was *my* first try ever, even after being a part of club rugby and my team was so excited so it really pumped us up."

But the Pioneers were not ready to give up yet. Scoring next from junior scrum half was Emily Mignoni on a break away. Sacred Heart would make the conversion kick and would take the lead 7-5.

Castleton would then take the lead back for the final time with a diving try by Junior, hooker Kayleigh Daniels, after taking advantage of a loose ball.

The Pioneers would regain and hold onto the lead with 24 consecutive points. Three tries by junior inside center, Charlotte Tallman, a pair of tries from freshman fullback Kaylee Hale and a try from freshman scrum half Allie Rinaldi to end the first half. The pioneers would score the final try of the game in the second half from sophomore wing, Sunny Ravert putting Sacred Heart up 45-10.

The Spartans continued to play strong defensively with Campbell leading the charts with 12 tackles, followed by Commeau with 10 tackles and junior flanker Savannah Graves with 8.

The match was then called 20 minutes early due to safety concerns.

Despite the loss, the team has high hopes.

"I think we are still trying to get the hang of our new strategy," said junior, Center Taylor Keramis. "I think I can speak for the team when I say that varsity rugby and club rugby are so much different than we thought, but I know we have the capabilities to do what we need to do."

Despite the two losses teammates are hoping for the future of the sport at Castleton.

"Overall it was awesome. It's been a great experience so far and Coach has taught us so much already. I think we have a great future here at Castleton for Women's Rugby," Commeau said.

The Spartans will continue their season when they face Molloy College at home on Sunday, Sept 18 at 12 p.m.

Sports Talk with Dylan Blowers

For sports fans like myself, this may be the greatest time of the year. College and professional football are finally back, the NBA season is approximately six weeks away; most importantly, though, this time of year is the home stretch for Major League Baseball.

This is the time of year where some teams collapse, while others get hot at the right time. And with twenty games left until playoffs, the American League Wild Card race is real interesting.

I will say it now – the AL East will have three teams in the playoffs.

With the league's best offense, I believe that the Red Sox will be the division leaders by the end of the regular season. Although, things could get real interesting, as their remaining 20 games all are within their division. So, the real question is: who will get the two wild card spots? Baltimore and Toronto currently hold the two spots, with the Yankees two games behind.

Since the trade deadline that saw them say goodbye to Aroldnis Chapman, Andrew Miller, Carlos Beltran and Ivan Nova, the Yankees have gotten hot. They have gone 24-13 since the deadline, behind youngsters Gary Sanchez and Ronald Torreyes. Sanchez has hit 13 home runs in his 33 games this season since being called up after the deadline. Torreyes, in 55 games, has batted a respectable .283. Thanks to these hot bats, along with the improved starting pitching they have gotten, I believe that the Yankees will keep their momentum and get into the playoffs as a wild card team.

Out of the two remaining teams – Blue Jays and Orioles – I believe that the Blue Jays will make the playoffs, although, this is really a toss-up that will come down to a three game series between the two Sept 27-29. Both teams bring plenty of power to the table, as Toronto's Donaldson and Encarncion have combined to hit 73 home runs, compared to Trumbo's and Davis' 77. The Jays have stronger pitching, led by Sanchez, Happ, and Estrada, and that will make the difference.

The Tigers are tied with the Yankees two games back, but they play the Royals and Indians a combined 10 times in their last 20 games. They are a combined 7-21 against these two teams, and I believe that this is why they do not have much of a chance.

But hey, anything could happen. And that's what I love about this time of year.

MARTIN VANBUREN / CASTLETON SPARTAN

Senior linebackers Darren Callan and Mark Alberque make a tackle on Plymouth State wide receiver RJ Kasper.

A rough opener

Turnovers and penalties prove costly as Plymouth State beats Castleton, 20-7

By Dylan Blowers
Castleton Spartan

Coming off back-to-back seven win seasons, the Spartans football team kicked off their season last Saturday against the non-conference Plymouth State Panthers at Spartan Stadium. After a tight first half, penalties and turnovers hurt Castleton's chances of winning, and the Panthers' pulled away for a 20-7 victory.

Nick Boles would finish 19 of 34 with 133 yards passing, one touchdown and three interceptions. Soren Pelz-Walsh was the leading receiver for the Spartans, as he caught 8 passes for 65 yards, including one touchdown grab. Reigning Eastern Collegiate Football Conference Rookie of the Year Moe Harris had 11 carries for 51 yards.

For the Panthers, David Hamilton and Mitch Banuskevich carried the ball 31 times for a combined 116 yards rushing, along with two scores.

"Offensively, we made too many mistakes with penalties and turnovers," said Spartan Head Coach Tony Volpone. He added that his defense, "gave us a shot to hang in there."

Early on, penalties affected the Spartans and Panthers, as both first half touchdown drives featured costly defensive penalties. On the game's opening drive, Panthers' quarterback Zack Edwards checked down to Banuskevich, who gained 27 yards. A roughing the passer penalty would add 10 more yards to the end of the play. Banuskevich would finish that drive with a one-yard touchdown run, giving the visitors an early 6-0 lead.

This lead would be short-lived, though. With the Spartans driving late in the first quarter, a defensive pass interference call on third down led to a 17-yard scoring strike from Boles to Pelz-Walsh. The successful extra point gave Castleton a 7-6 lead that they would hold for the rest of the first half.

The next score would come midway through the third quarter, as Edwards found Junior Chris Kelly for a 37-yard touchdown pass, putting the Panthers up 13-7.

Boles would throw an interception on the next Castleton drive.

"We couldn't sustain anything on offense and finish drives. Time of possession went to their side, our defense wore down," Volpone said.

Castleton's defense tried to hold tough against the Panthers' running attack trying to gain any momentum. Senior linebacker Darren Callan recovered a fumble late in the third period to give the Spartans the ball back.

Three plays later, however, Boles threw his third interception of the day, leading to a one-yard touchdown run by Plymouth Freshman David Hamilton early in the fourth quarter to end the scoring.

"They created a couple turnovers, which put us in a good spot," Panthers' Head Coach Paul Castonia said about his defense. "That gets everybody juiced up and ready to go when you get a turnover."

The Spartans play again Sept 17 when they host Salve Regina at 12 pm at Spartan Stadium.

Sports Through Pictures

COURTESY OF CASTLETONSPORTS.COM

Grandon Smith, left, took first place overall in this past weeks Castleton Invitational. The Cross country team finished with 33 points total en route to a second place finish. Zach Temple finished atop the leaderboard at the Johnson Invitational and looks too add on to his impressive career as a senior. Kristen Kruk returns a shot in a match earlier this season. The women's team is currently 2-1 and faces Colby-Sawyer Sept 14.

Castleton Spartan

CASTLETON UNIVERSITY'S STUDENT NEWSPAPER

Wednesday Sept. 28, 2016 CastletonSpartan.com Castleton, Vermont

Limited choices this election

By Briana Bocelli
Spartan Contributor

With the 2016 November primaries right around the corner, many Castleton University students and faculty members aren't excited about choosing their next president. Of the 15 people interviewed, only four are voting for Donald Trump or Hillary Clinton.

Five said they would be writing someone else in, three said they'd vote for Gary Johnson, one won't be voting at all and two chose not to share.

"Neither of them should be in office. I am truly ashamed of the people that are running," said Wendy Bishop, a custodian at Castleton. "I think I should be president."

With all of the controversy swarming around the two candidates over the last few months – like Clinton's email scandal or Trump's wall, students are beginning to wonder if there is any credibility left in this election at all.

"We have Trump who just kind of came out of nowhere with what seems like no political background ... then there's Hillary, who flip flops back and forth with her beliefs, and denies everything when it is brought up," said Nick Barnier, a member of the Vermont National Guard and a junior at Castleton.

This is a common theme around campus, with many students believing the candidates are using inappropriate tactics to gain the support of voters. Brittany Verge, a junior in the athletic training program, is fed up.

"I am not voting for the lesser of two evils," she said. "Donald Trump is using fear to get votes, and Hillary is just using her history as her selling point. I feel like neither of them have actual values."

While 11 students and faculty members plan to refrain from voting for either of the top candidates, those who are tried to explain their reasons.

Kyla Leary, a senior majoring in ecology, said Trump's "outrageous" policy ideas could possibly leave her unemployed.

"I don't want to vote for her, but that's my only choice," Leary said.

Although there is a large liberal demographic at Castleton, there are plenty of conservative values to go around as well.

"I'm voting for Trump because he's fighting for the 1 percent. That means something in my family. My dad worked his ass off for what he has, ya know?" said Alina Sarli, a sophomore majoring in graphic design.

Students say the media is also playing a huge role in this year's election, because people are choosing to get their information from bias news outlets, instead of gathering their own information and learning the facts. This is a scary thought for some, including Rosa Wallace, a junior health education major and community advisor.

"I'm worried that a lot of Americans are going to succumb to media and base their vote off the slander, instead of using their intelligence to sort out who is really the best option for president," she said.

Chris Manjuck, a senior majoring in communication, decided to do his own research on what candidate would be best for him. When asked who he would vote for if the election was tomorrow, he gave a much different answer from all of the others.

See Election, Page 6

Political power couple hits the Paramount

By Patrick Cote-Abel
Castleton Spartan

A crowd of people was milling around the front doors of the Paramount Theater on Sept. 18 and inside the lobby even more people wandered about, happily greeting one another and chugging their alcoholic beverages that were not allowed inside the theater itself.

When the lights dimmed and the evening's discussion began, the room was far more full than many of the previous Project 240 events.

It's no wonder, because when the house lights shut off, onto stage walked perhaps the most interesting married couple in America: James Carville and Mary Matalin.

Both Carville and Matalin are heavily engaged in politics, however, they are from different sides of the aisle. Matalin was born in Illinois and until this May was a registered Republican. She explained her shift of political parties as a result of the Republican Party straying away from Jeffersonian and Hamiltonian values, which she now believes are best embodied by the Libertarian Party.

Carville, on the other hand, is a Democrat who was born in Louisiana, as you can easily tell the moment he speaks.

Over the course of the evening the path of the discussion, moderated by WCAX News Director Anson Tebbets, led to moments when Carville and Matalin's political ideologies clashed. At the beginning of the night Matalin declared her intention to vote for Donald Trump in this year's general election, despite his clear lack of polices.

Carville took a very different approach to Trump.

"He's very clear on what he wants to do, [and] it's utterly insane," He claimed. "He doesn't have an ideology; he has an idiot-ology."

Matalin attempted to explain Trump's popularity among voters despite his campaign receiving near constant criticism for sexist and racist remarks as well as spreading blatantly untrue information.

"He says a lot of resonant things. She says a lot of things, but none of them are resonating."

Mary Matalin and James Carville

Despite what he may have wished, the entire evening was not spent discussing Trump, or any other somber subjects for that matter. In fact, with the exception of a few tense moments, Matalin and Carville both maintained a comical attitude, cracking jokes even when their beliefs were being challenged by the other. Junior Tony Reidel felt that this humor was very helpful to defuse some of the tension between the two.

"There was a little bit of heat (between the two), but not too much. They did use comedic tools a lot, and I get that, you don't want to turn it into an Armageddon (on stage)," he said.

See Carville, Page 6

Hypnotist raises army of dead

By Martin VanBuren III
Castleton Spartan

Christian Procida twerked in front of 125 people on Friday night of homecoming – and he doesn't remember it at all.

He can thank comedic hypnotist Eric Mina for that.

Mina's visit to campus left entranced students powerless against his goofy commands and audience members howling.

But he did not wake up one morning and decide to become a Hypnotist.

"I actually saw a mentalist come to my school first, and I started learning magic," he said.

"A year later that guy came back and he said to me 'You'd make a good Hypnotist'; and I saw a Hypnotist, and I thought 'he was right.' He was very, very right.'"

It wasn't long before those who volunteered to be hypnotized Friday night were out like a light, slumping forward in their chairs with arms dangling beneath their heads. Participants were bathed in red and blue light, the chatter in room 1787 became quiet, and Mina started the main portion of the show.

Hypnotized individuals were thrown into different scenarios, established from Mina's suggestions and the corresponding light. Red light illuminated the participants in scorching heat and caused participants to fan themselves feverishly. Then students huddled together as blue light saturated the stage, indicating sub-zero temperatures.

During the blue light portion, Mina – who is bald – was described by one hypnotee as resembling "Smurf Vin Diesel," which made him howl.

Thirteen students initially took the stage, but those numbers would shift throughout the performance.

"You'll sometimes see a student who isn't truly under and they're trying to go along. He (Eric) picks it up and sends them back to their seat," said Matt Patry, director of Student Activities.

In fact, two students who snapped out of hypnosis during the performance were sent back to their seats, only to be replaced by two members of the audience who had been hypnotized where they sat.

MARTIN VANBUREN III / CASTLETON SPARTAN

Hypnotist Eric Mina works his magic on Castleton students.

"I was on the edge of my seat the entire performance," said sophomore Elizabeth Boutin, "He is a natural entertainer. He is very good at keeping the audience intrigued. Eric belongs on the stage."

Later in the performance, Mina remarked "I still can't over the Vin Diesel" as he attempted to catch his breath from laughing. "Oh my word, I love you guys."

The Campus Activities Board is in charge of choosing entertainment for students on campus. This choice, based on the audience reaction, was a great one.

"I encourage them to mix it up and not have the same person over and over again,

unless it's somebody that the students really just gravitate to, that they truly love," Patry said.

Like Eric Mina.

"He's wonderful because he loves people, and he wants to interact with people," Patry said. "Every entertainer when you have them here, part of their contract is that you have to feed them, and he always asks to have a student eat with him so that he can chat with them. Eric is one of the kindest entertainers out there."

Mina trained with the National Guild of Hypnotists and became certified in hypnotherapy, training in subjects such as smoking, weight loss, and stress management. He then received a personal mentorship with comedy hypnotist Don Spencer, and later spent time perfecting his craft in Vegas with Marc Savard, also a comedic hypnotist.

Junior Matt Gay was in the audience and watched the crowd erupt into constant laughter.

"Seeing everyone having fun and laughing together really made it feel like we were a community," he said.

Two days after the performance, seniors Toné Sawyer and Christian Procida, who were both hypnotized by Mina, sat down with a reporter and viewed footage of themselves.

Bracing his face in his hands, Sawyer watched himself on screen with a combined expression of horror, concern and disbelief.

"It seems fake even though I was there and I know it's real," he said. "I don't even like watching myself when I'm not hypnotized."

One of the first clips showed the group rising slowly from a slumped-over position as they prepared imaginary instruments.

"It's like the army of the undead raising and getting ready to perform in an orchestra," Sawyer said.

Another segment showed them flexing their glutes, prompting an "I don't want to see this," from Sawyer, who was sighing disappointedly.

Procida had seen minimal footage of himself since the performance, and was caught off guard watching replays.

"There were some things people were telling me, and I was like 'no way, no way'" he said.

See He made them twerk, Page 6

New apartments create a new family

By Nicole Webster
Castleton Spartan

Even a week after the grand opening of Foley Hall, Castleton University's newest residence hall, it still has the apartment equivalent of that new car smell.

Daniella Doolen, a junior at Castleton and the apartment manager at Foley Hall, has a lot of responsibility in her new role, but said she loves having the opportunity to live in the new space.

"I'm the only one for 37 people, which is a lot different than CA's in a dorm because there are tens of people watching over you in a regular dorm. Here, we are a lot more independent and I think the students like that," she said.

Doolen lives in a single apartment in the building, but most of the apartments have two rooms and some have more.

"Everyone has their own room so we have a lot more privacy than in dorms, but we still open our doors and hang out. There are no cliques here. We've become a little family," she said.

One of the biggest differences from living on campus is that many of the students living in the apartments don't have meal plans and have to cook on their own. The apartments each have a small stove, regular-sized refrigerator, sink, and soft-close cabinets.

Doolen had fruit on the counter, a microwave, coffee pot and toaster in her kitchen area. She also has a slow cooker for making foods like chili.

"On campus, we just go to Huden when we get hungry. Here, we have to make our own food," she said.

So far, there haven't been any major issues in the apartments other than having to fend for themselves on the food front.

"Last week, one of the washers was leaking from detergent pods and I didn't know how to fix it," Doolen said, adding that the issue was easily taken care of by Student Life.

So far, only one person has moved out of the apartments and Doolen said they left the university entirely.

Zach Dow wishes the apartments were a little quieter.

"Today I was trying to take a nap and got woken up three times by someone's exhaust," he said.

The apartment building is on the corner of West Street and Merchants Row in Downtown Rutland, which is a busy area.

Another issue he's finding is the bus schedule because it only runs to Castleton at certain times.

"It's somewhat inconvenient," said Dow.

Even though he has some complaints, Dow also said there are positive things about living in Rutland.

"It's nice to get away from campus. Don't get me wrong, I like being with my friends, but not all the time," he said.

See Residents, Page 6

MATT ZITWER / CASTLETON SPARTAN

A look inside one of the rooms in Rutland's new Foley Hall.

Shootings signal little progress

By Jadie Dow
Castleton Spartan

"Bad things happen to good people." It's a saying that goes back to our childhoods. Things that shouldn't happen to people who do everything they can to be good individuals get hurt, go through hard times, and die too young.

But what about the bad things that can be prevented?

According to the Huffington Post, at least 15 black people have been killed by police since Colin Kaepernick began his protest in the NFL.

This protest started on Aug 26.

In recent news, Terence Crutcher was killed in Tulsa, Oklahoma. He was walking to his car, followed by four police officers, and was shot to death.

Betty Shelby killed him. She responded to a call about a car left in the middle of the road, and it ended in first-degree murder.

The odd thing about this case is that she was actually charged. She was placed in the Tulsa jail at 1 a.m. on Sept 16, and released at 1:20 a.m.

Seems fair, right?

A man lost his life because she somehow felt threatened by him standing there, and she went to jail for 20 minutes.

Justice is served.

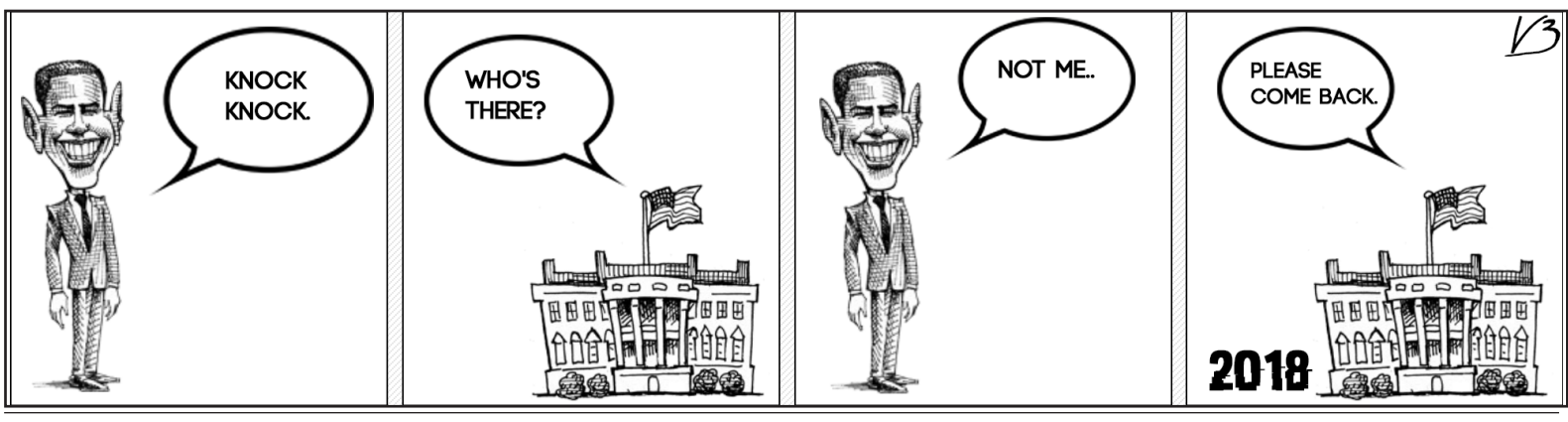
Shelby's lawyer stated that Crutcher was not following her instructions. So in her eyes, a man deserved to die because when he was bombarded with four police officers, he did not follow the instructions they were all screaming at him.

Something has to be done about this. This year, in light of all of the police brutality surrounding race, a movement called "Black Lives Matter" has surfaced.

The fact that people in this country feel it is necessary to start this movement is really sad to me. After all these years. All the fighting. All of the hatred.

Nothing has changed.

Black people are still treated unfairly in this country. It is 2016, and we still can't realize that everyone is equal. That's so ridiculous. Get with the times people.



It does matter, so go vote

By Leenda Maraldi
Castleton Spartan

"Why would I bother with voting? It's not going to matter anyway."

"Voting for someone you hate over someone you have even more? Not doing that."

"My favorite candidate is out, so why would I vote?"

These are only some of the comments that I have heard in the past few weeks regarding the upcoming election, and it has taken a lot of my European aplomb to nod in silence instead of wishing my interlocutors a very unpleasant itch in the tail.

The reason for my resentment can be easily explained: I come from a country where the right to vote has been on a temporary ban for eight years. I come from a country ruled by a government, and a president, who has not been chosen by its people. I come from a country where many, many citizens, including myself, would give up on anything just to have their right to vote again.

The country I am talking about is in the middle of Europe, it is a rather wealthy one, too. Italy. A little bit of history for you: the last time Italy voted (and their vote mattered) it was 2008. The parties of Veltroni and Berlusconi won, but because of a large debt crisis, Berlusconi resigned. Here is where the funk begins. The president of our country, Napolitano, elected an emergency government, led by the "politically agnostic" (hint: he was not) Monti. No trace of elections here.

In December 2012 Monti resigned, and we were without a governor for a couple of months. Come 2013, however, following the Italian 5-year alternation rule, it was time for elections again. That's exciting, right? Right, except for the fact that the 2013 elections were declared "a tie": none of the parties reached the required majority. Instead of doing the elections again, which might have seemed reasonable, Napolitano elected a new governor by himself, Letta. Again, not chosen by the people.

Letta resigned in 2014, and two days after, Renzi, the current governor, presented himself as a possible substitute. He was accepted, and he is currently our governor. Our current president is Mattarella (elected within the government). We will have elections again, we hope, in 2018.

Imagine being given a president and having to bear with him, whether you like him or not. Imagine a place where becoming president is as simple as going to a job interview. Imagine being taken away one of your most fundamental human rights: the right to decide how to be ruled and who to be ruled by.

And now, imagine people who can choose. Imagine them coming to you and telling you they do not like the choices they are being offered, so they will just ignore the possibility of choosing instead. Imagine someone that has something that you would die to have, but does not care for it, smashes it around carelessly and ignores it.

Please, please, please, use your right to vote. Not everyone has it. Your people have fought so hard for it. Some people, people like me, are still fighting for it. Do not think it will not make a difference because it will; if everybody thinks that way, then of course it will make a difference, and a huge one, too.

When you drop your piece of paper into the ballot box, whatever it says, think of me. Maybe I do not know you, maybe you are only reading my words through these pages, but trust me, I would be very proud of you.

PHOTO COURTESY OF LEENDA MARALDI

When senioritis strikes

By Catherine Twing
Castleton Spartan

It's Tuesday night. I don't have class until noon tomorrow. I'm going to be so productive! Read two chapters for one class, go to the computer lab to print my paper for another, call that person and set up an interview so I can write that story.

Wednesday at 11:15 a.m.: so I guess I have to get out of bed now.

Blame it on having my own room and no roommate to encourage me to wake up or focus on my homework, blame it on my friends for hanging out with me too much, blame it on my boyfriend for graduating and showing me the world after Castleton.

But I have senioritis.

I have always been an over achiever. Freshman year if I was assigned reading I did it as soon as possible and was ready to discuss every detail in class. Flash forward to today and I'll still read the chapter (ok maybe skim it), and contribute a few times to class if no one else is saying anything. But things have definitely changed.

Freshman year every commitment felt like the biggest deal and if I missed one meeting or class (excluding effective speaking because I missed that a bunch of times), I thought I was probably going to fail. Today I know how to choose my battles. I don't miss classes regularly or blow off important commitments, but I know what I can miss or make up.

PHOTO COURTESY OF CATHERINE TWING

Being an A student my whole life adds to this internal struggle. I should be sleeping 8 hours a day, doing my homework as soon as it's assigned. But feel myself giving in to the senioritis as it holds me in my bed in the morning, and pulls me out to the bar or a friend's place on a school night.

My top priorities this semester are the three commitments that are not classes. I'm not over Castleton, or writing for The Spartan, or journalism in general. I think I'm just over classes, and it's only the fourth week.

I try to remind myself that once May 13 gets here my life will consist of bills, and a job and adult things. Castleton is home and it's going to be hard to leave, but in my 17th year of school (including kindergarten), I am feeling pretty ready to be done.

I'm still getting my work done and honoring my many commitments, but life after graduation--no matter how new and scary it may be--is calling my name and it's hard to not listen.

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CASTLETON STATE COLLEGE'S STUDENT NEWSPAPER

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Blame the perps, not victims or booze

By Shannon Fischer
Castleton Spartan

Imagine going out for some harmless fun at a college party. You sip on the alcohol in your red solo cup, and chit chat with a few friends throughout the night. Next thing you know, you wake up in some strange and unfamiliar place, with slight or no recollection of the events that lead you to the gruesome conclusion that you've been raped.

According to nsvrc.org, one in five women and one in sixteen men are sexually assaulted while in college. The criminal justice system statistics on rainn.org blatantly show that out of 1,000 rapes, 994 perpetrators will walk free. This is unsettling and disgusting.

It seems that rape and sexual assault is highly prevalent, especially at college, and these perpetrators are receiving nothing more than a slap on the wrist.

These victims have lost sight of who they are and will struggle immensely for the rest of their lives, so the people who have carried out these detestable acts get some probation time, and maybe a few months in jail.

The Brock Turner case has spread around the world like wild fire for the leniency of his actions. His victim was thrown behind a dumpster like a piece of trash while he sexually assaulted her. He got three months in jail. That is completely chaotic and mind-boggling.

If his actions alone aren't enough to convince you that our judicial system has some loopholes in it, then by reading some chilling lines from a letter the victim wrote you should most definitely change your mind.

"I stood there examining my body beneath the stream of water and decided, I don't want my body anymore. I was terrified of it, I didn't know what had been in it, if it had been contaminated, who had touched it. I wanted to take off my body like a jacket and leave it at the hospital with everything else."

Even though these are just words they give me goose bumps because they are much more powerful. This victim couldn't stand to be in her body because someone like Brock Turner used it for his own sick pleasure. The baffling thing is he is now a free man, but just has some limited restrictions. What's equally disheartening is Brock's attorney asked this victim questions that shouldn't even be deemed relevant in her situation.

She was asked: "What were you wearing? How much did you drink? Are you serious with your boyfriend?" There were far more irrelevant questions, but these stuck out to me like a sore thumb.

The attire someone puts on shouldn't contribute to whether they get assaulted or raped nor how much alcohol they consume.

We need to stop victim blaming and blame the perpetrators. They need to be held accountable for their actions, and get the punishment they deserve. The victims shouldn't be the only ones suffering.

Like Brock Turner's victim said, "This is not a story of another drunk college hookup with poor decision making. Assault is not an accident."

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Safe Ride still seeks help

By Adam Cook
Castleton Spartan

The Safe Ride volunteer program is hoping to make changes to drum up more volunteers. Seniors Breanna Morse and Anthony Sawyer have stepped into the role of coordinators for the 2016-2017 school year, and one of the changes they want to make is in how volunteers are paid for their time.

"We are trying to change the compensation system," Morse said. "Last year, the drivers got $45, and then the passenger only got a $5 voucher to Fireside."

The hope is that this year drivers will be paid $35, and the passenger will get $10.

"That's what we're trying to do, and then they would get a $15 to $20 voucher to Fireside, so they could still get food," Morse said.

Morse said they are also talking about the idea of a "Cash Cab" style game show as an incentive to get students to take the ride home offered.

The Safe Ride program has faced volunteer issues in the past, evidenced by an article in the Castleton Spartan from 2013.

"The unfortunate variable is that we just don't have enough students willing to volunteer their time," said Joseph Zeitler, advisor for the Safe Ride program. "Even if a student were willing to volunteer for one night out of their entire four years at Castleton, we would have Safe Ride covered to run all year. I think that's really important for folks to understand."

Some of the issues for Safe Ride, however, are out of the hands of the coordinators.

"I just don't have time," 21-year-old Castleton student Allison Sibley said. "I was a CA last year, so I never got to do it because I was always on duty. This year, I live off campus, so I haven't been able to get there yet."

When asked about the potential changes to the program, Sibley and her friend Morgan Hart, also a student at Castleton, said that they would be less likely to volunteer their time to drive.

"I wouldn't want to be paid less than what people were last year," Sibley said. "They had a hard time getting people to do it last year as is, but I feel like paying less isn't a good way to get more people to volunteer."

Hart said she has never used Safe Ride.

"They got full one night. I think I ended up walking instead," she said. "But usually, it doesn't run. I remember calling, and they never answered."

Sawyer said demand for rides varies.

"There are some nights when we get no calls at all, and then there are other nights where we are backed up with five or six calls ahead of us, and then someone will call and we have to tell them something like we can't because we'll be going an extra hour or two, or we will have to tell them some amount of time, like 30 minutes, before we can pick them up," Sawyer said.

Sawyer said the program itself has worked as a whole, but noted that students not having time and coupled with a lack of interest has contributed to not having enough volunteers for Safe Ride to run every night.

"I know that the volunteer thing (lack of volunteers) will result in Safe Ride not running a certain night, and people getting upset that they can't use it at all," he said.

According to Sawyer, the program cannot run solely on the backs of the coordinators.

"Breanna and I may be coordinators for it, but it's not really up to us to get it to run," he said. "It's up to the student body to get it to run by going out and volunteering. It's a good way to give back to the school."

Class digs for aqua answers

By Alex Brownell
Spartan Contributor

Eight students are wiping the sweat from their foreheads, leaving streaks of dirt across their face. Covered head to toe in soil, these biogeochemistry students are digging two different three-foot holes in the woods behind the football field.

Microbiologist Preston Garcia and geochemist Andy Vermilyea teamed up to teach their students about biological, geological and chemical processes that make up the environment. In a semester-long experiment, these students will be testing the moisture in the soil by using lysimeters.

A lysimeter is a "collection device" used to collect moisture and rain water that has absorbed in the soil. Vermilyea made them out of PVC pipe. The pipe has a mesh screen connected to a port that goes into a tube that will fit into a bottle and be buried in the ground.

"As the rain runs through this undisturbed soil, it will collect and drain through the tubes and down into the bottles in the hole," Garica said. "Then they can take a syringe and hook it up to the tubing that comes out of the soil and draws up the liquid water."

After the students completed digging the two holes, they dug three separate holes for the lysimeter to fit in the soil walls.

"As we dug out the hole for the lysimeters, we took the same soil that we dug out of the hole to fill the lysimeters so that the soil was from the same horizon," said environmental science major Mason Brown. "It's important to not disturb the soil horizon because there's different types of soil in each layer."

The two different three-foot holes the class dug out are quite a distance away from each other, allowing for the study of two different types of soil. They dug a lowland pit, which is closer to a stream, and a highland pit, which has more vegetation.

"The lowland group had an easier time digging because it gets flooded a lot. So the soil was easier to dig in, but the highland group had a very dry, rocky, full of roots spot, so they couldn't dig their hole as deep because it was nearly impossible," Garcia said with a chuckle.

So what will the class do once they gather all of this information? They will be conducting tons of tests including measuring nutrients of the soil, how moist it is from top to bottom, the PH level, and what different textures are present. They will also be looking into what microorganisms are present.

"In the soil, you have all these organisms, which are feeding on things that are falling from the trees and controlling what the soil looks like, which influences what the ground water looks like," Vermilyea said.

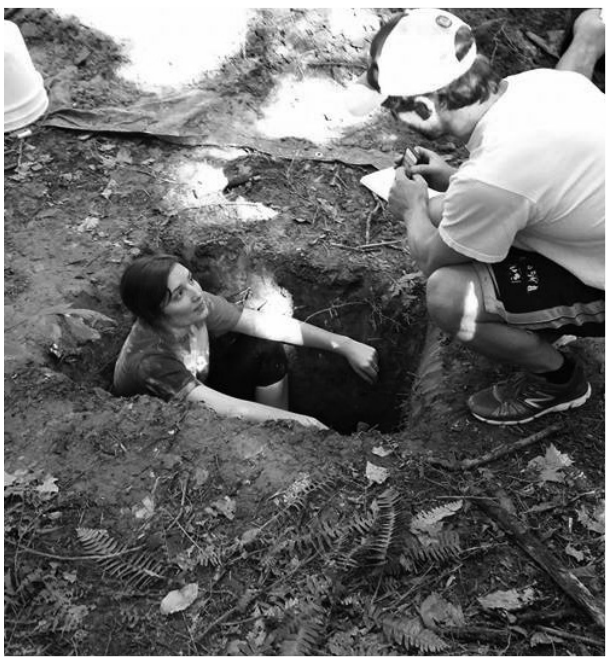


PHOTO CONTRIBUTED BY ALEX BROWNELL

Biogeochemistry students test the moisture in soil during this semester-long experiment.

He was excited about one particular experiment students will be conducting with the soil they gathered.

H.E.A.L. in Kenya

By Jaime Nolan
Castleton Spartan

An ambitious sophomore, Tegan Waite traveled to Kenya and she returned with a purpose.

This fall, now a junior, Waite founded and is current president, of the H.E.A.L (Health, Education, Amble Nutrition, Love) Kenya club at Castleton University. The club has partnered with the Rapha Community Center in Nyahuruuru, Kenya, which is a safe haven for the children in the area to be educated and nurtured for when no one else could.

Rapha was founded by Jennifer Musick-Wright, who is originally from the Rutland area. The goal of the club is to educate, advocate and raise money for these children through fundraisers and educational speakers.

After traveling to Kenya and witnessing the "appalling conditions" of the orphanages, Musick-Wright decided to create her own orphanage there. She founded H.E.A.L Raising Our World Foundation, Inc. as just a sophomore at Wagner College. The community center started as an orphanage for children in the village and expanded to a secondary school. Her resume is impressive, but this is just the start for Musick-Wright.

"The long-term goal is to build children's homes and schools around the world," she said in a recent email interview.

With Castleton University being the first established club she has partnered with, she plans to help in any way she can.

"We hope that the HEAL Kenya club can be used as a model to start programs at other colleges across the country," Musick-Wright said.

Mikayla Dambrackas, secretary of the club, has always wanted to be in a helping profession and is inspired to start now.

"The impact that she (Waite) made is something that I have always wanted to do and it's now in front of me and I'm excited," Dambrackas said.

This club is on a mission to make these children's lives better, including providing funds for basic needs such as electricity. But also in Kenya, according to Musick-Wright, they have to pay a fee to go to school. The community center relies on donors to pay these fees, but some children go without education because they cannot afford it.

The first planned fundraiser is the "Ken-ya Run?" in Rutland on Oct. 16. It's a 5k run and the proceeds go to the H.E.A.L foundation.

See H.E.A.L, Page 6

PHOTO CONTRIBUTED BY TEGAN WAITE

HEAL Club President Tegan Waite works with orphans on her recent trip to Kenya, top.
Waite stops to take a photo with children from the orphanage, bottom.

A campus-wide epidemic

By Zach Dow
Spartan Contributor

Take a second in your next class to listen. Chances are, in the silence you forced yourself to witness, someone in your class either sniffled or coughed. There's a kind of sickness creeping its way through Castleton University this semester and it's bubbling in the lungs of students across campus.

"My friend coughed so hard they puked," said Leo Richardson, a communication major at Castleton.

The tale told is becoming a common occurrence this semester, and he himself is suffering from the same symptoms many students are dealing with this semester- congestion in both the lungs and sinuses accompanied with a strong cough.

Anthony Sawyer, a senior who just arrived back on campus after spending a semester in Prague, echoed the same symptoms Richardson has been suffering from. Sawyer claims the illness has spread in quick succession to friends.

"The same thing is spreading through Johnson State College," said Sawyer, relaying the news from a friend there.

Students aren't the only ones under attack, though. Rich Cowden, director of arts at Castleton, had the illness spread through his entire family. Things took a turn for the worse when his 3-year-old, who was suffering the same symptoms, was then diagnosed with pneumonia. Cowden has been suffering from the same symptoms and said he is noticing a spike in absences in the acting classes he teaches.

Professor Scott Roper, the environmental studies coordinator at Castleton, said one demographic seems to be getting hit the hardest.

"I've seen a spike in absences in my classes that are predominantly freshmen." Roper said.

But his observations seem to be the opposite of what's being observed in the communication department. Professors Bob Gershon and Michael Talbott report seeing little impact from the sickness in their classes this semester, Talbott even claiming that he has a few classes this semester with perfect attendance.

Jamie Bentley, Coordinator of Wellness Education, said yes, people are sick on campus, but no more than usual.

Bentley has been seeing these upper respiratory problems these last few weeks, but she wants students to know that it's completely normal for an illness to be spreading this early in the semester. She also supported Roper's comment saying the Wellness Center has been seeing lots of freshmen. She said freshmen are coming from a completely different environment and are now living in an uncommonly crowded place where sickness travels.

She also said, "Increased stress levels increases our risk of getting sick."

But what can you do to prevent yourself from getting sick? Handwashing, and not sharing drinks are key, Bentley said.

Many students go out on the weekends and don't take proper precautions when it comes to being aware of germs and not sharing drinks.

Once you're sick, you need a plan of action, she said.

"Lots of hot fluids and good food … Sleep, water and preparedness are things that I can't stress enough," Bentley said.

shape

Coming to Castleton October 10, 2016.

Word On the Street

Jaime Nolan

Question: If Obama could run for a third term, would you vote for him and why?

CHRISTIAN PROCIDA

"Not a single shot. Why? That's for another time."

JENNA GOLDSNIDER

"Probably not. Just because I think presidential terms should only be two. I think it would good to have someone else in there. The presidentail candidates right now aren't that great but it still should change."

TYLER ALLEN

"No because it would be good to have someone else there for a change. Whether it's good or bad, just change it up a little."

RACHEL CLARK

"Obama has brought down the price of oil while in office and unemployment. He started Obama-Care and if it wouldn't for the Republicans he would have been able to get more done. So yes, I would vote for him."

IZZY GOGARTY

"Yeah probably, just because I don't want Hillary or Trump in office."

New professor gets fruit flies drunk

By Adam Cook
Castleton Spartan

Greg Engel is a new professor at Castleton University in the psychology department. He specializes in behavioral genetics, and his preferred organism of choice is the fruit fly, which he is currently using to study the effects of alcohol.

Q: First thing's first, what do you think of Castleton?

A: I love it. I have really had a great time here interacting with the students and the faculty. Everyone's been incredibly friendly, and I guess outgoing in a way that I find myself always failing in. I just think it's been really excellent, and it's something for me to strive to as I join the community - to finally become that outgoing person I strive for.

Q: You have been all over the country, it seems. What took you from New Jersey, to Maine, to Vermont, to California, and then back to Vermont?

A: I find that people from New Jersey do one of two things: they either stay in New Jersey forever, or they move far away. (laughs) I, as a child, took vacations up to Maine. I've always loved New England, so when I went to college, I decided to go up to Colby, and I really loved it there, and didn't really want to leave New England. When I was looking at graduate schools, I came over to UVM, where they had a new and exciting neuroscience graduate program. After that, I knew that a postdoctoral position is temporary, and I should give the rest of the country a try, maybe, so my wife and I decided that it would be fun to go to a far flung location for my postdoctoral. We went to California, which was fun for four years, but I didn't really want to stay. Vermont has been my favorite place that I've lived, and I wanted to move back here.

Q: How does Colby College compare to Castleton?

A: As a private school, there's a feeling of, oh gosh, have to think for a moment. There are definite differences. It's just different. I think that students there are used to getting everything they want out of education and life, and so they are very proactive in making sure that their professors deliver the content that they want. Whereas here, I think students are more open to professors maybe showing them something new and delivering something that they didn't know would be exciting. I think they're both quality institutions.

Q: Why use fruit flies to study?

A: Fruit flies have a storied history in science. Some of the first real genetic experiments done were done with fruit flies, and they're kind of fantastic organisms to work with in the lab because they reproduce quickly, you can keep many of them in a small space, they're relatively inexpensive to feed and house, and they share a great proportion of the fundamental genes for development with humans. Many of those genes are evolutionary conserved, and so, if we manipulate the fruit flies, there's a great possibility it will apply as well to humans. In addition, it's incredibly easy to manipulate their genetics, in part, because we have been doing it for so long, but there are also features of fruit flies, the fact that they lay eggs for example, that makes it easier to manipulate their genetics. A vast number of tools exist for us to use, which is really neat.

Q: I have to ask this, because I'm extremely curious. How do you pickle a fruit fly get a fruit fly drunk.

A: I pass alcohol vapor across them. They breathe it in, and they get drunk that way. We can measure how drunk they get because they show many of the same behaviors humans do. In particular, I get them drunk until they pass out, and it's very obvious to see that they can't get up to stand anymore and are passed out. (laughs)

Q: I've talked with a couple of your students. They say you seem to be obsessed with black jelly beans. Why?

A: Well, okay. (laughs) I would say that obsessed is maybe a little strong. I do like black jelly beans, and I do find it fascinating with how polarizing they are. People seem to like them a lot or not at all. When I was announcing my office hours, I was trying to entice people to come and speak with me, and the only treat I could offer is black jelly beans, which is why I can see… I did mention it in all my classes, but I'd say obsession is a little strong.

ADAM COOK / CASTLETON SPARTAN
Professor Greg Engel

Q: What do you like the most about being a professor?

A: I like the autonomy of being a professor. I like setting goals for myself and having goals of teaching students and having class meet at certain times, and needing to prepare for those. It seems very internally motivated, rather than externally so. I also just really love teaching. I really enjoy that, and I enjoy helping students to understand new topics. I just find it really satisfying when you can see someone 'get it'- have that moment where they finally understand a concept.

Q: You're studying drunk fruit flies now. What's the next big study?

More drunk fruit flies. (laughs) Honestly, the fruit fly model is really powerful, and it is versatile. Alcohol is good to study because it is something widely abused, so we need to know more of it. Also, it is legal. Nicotine, caffeine, other legal drugs or over the counter medication are things that might be interesting to study in the future using the fruit flies. But I do plan on sticking with fruit flies wherever possible, just because when you focus on one model organism, it allows you just to gain so much in the ways of tools and equipment and expertise in using them that you can use to solve a wide variety of problems.

Art unites Syria and Rutland

By Jenna Goldsnider
Spartan Contributor

Khaled Youssef covered his face and fought back tears as Rutland locals told him about the importance of his art in the gallery.

Onlookers tried to hold back their emotions as tears also formed in their eyes. The entire gallery was silent as a community member greeted Youssef in his native language and spoke of how, "where we are broken is where the light comes through."

Looking around at all the powerful pieces of artwork in the gallery it is clear that they have already affected the masses after only being introduced in the past month.

Young and old residents showed up to the Castleton Downtown Art Gallery in Rutland to listen to and talk with the Syrian refugee about the messages in his work, which are portrayed through photographs of bubbles.

Youssef focuses on the theme of time and said his goal is to, "catch the moment since a bubble only has 1 or 2 seconds of life." These moments he captures of his people stresses the importance of fleeting happiness and hopes for a positive future.

These themes resonated with the people of Rutland and prompted reflection of life in its entirety.

The Syrian art at the gallery showcases various styles of art, from buildings in ruins to children dancing with bubbles. Dark faceless characters captivated the viewers drawing attention to the despair and hopelessness transcending the piece. Youssef's bubbles captured moments in time showcasing bright colors and vibrant bursts of life and opportunity.

JENNA GOLDSNIDER / SPARTAN CONTRIBUTER
Khaled Youssef skypes with community members describing his art and experiences in Syria.

"It's all about getting in the bubble,", Youssef said explaining how he is excited to combine the personal bubbles of those in Rutland, with his own. A medical surgeon with a love for art and poetry, Youssef speaks about "the ephemeral part of life" and how he is trying to reach out to Vermont to show how we all are equal.

Rutland Mayor Chris Louras attended the event on Sept. 18 and talked about how the art exhibition "will make a significant impact on our community as we prepare to welcome your brothers and sisters from Syria."

JENNA GOLDSNIDER / SPARTAN CONTRIBUTER
Rutland community members admire Syrian art.

Castleton Downtown Art Gallery is currently showcasing 12 Syrian artists' work and held a Skype Q & A session with Youssef, who helped organize the exhibition. The art gallery hopes to integrate the culture of the Syrian people into the general public of Rutland before the potential arrival 100 refugees to the city next fall.

"As important as it is to ensure that any new Americans are integrated to our community, we need to integrate our community to the new Americans," Louras said.

Castleton University art department Chairman Oliver Schemm thanked Youssef for spending his time and artwork with the rest of the community.

"This is an important project for the city, but also the idea of creative life and humanity itself," he said.

Although Youssef could not fly to Vermont due to last minute complications, Castleton University President David Wolk made it clear that he would be happy to welcome him in the classic Castleton way.

"You were going to be at our house for dinner, so the invitation still stands. We will welcome you with the warm embrace of a loving family," Wolk said.

73 participants and 59 pints

By Christian Procida
Spartan Contributor

Every two seconds, someone in the United States needs blood and for every pint of blood donated, up to three lives can be saved, according to the American Red Cross. For the first time this academic school year, Red Cross workers were back to Castleton University for yet another blood drive.

While some people sat around a pink-clothed table drinking their water and stuffing their faces with chocolate chip cookies after donating, other students and community members inside the 1787 room were still in the process of donating blood.

JAMIE YAGER / CASTLETON SPARTAN
Castleton University student, Kiernan Schray donates blood for the Red Cross.

Black cushioned chairs covered the majority of the 1787 room while Red Cross employees wearing bright red scrubs attended to the needs of generous blood donors. Some donors did not mind the process, while others refused to look at the needles in their arms, paying more atten-tion to the squishy stress-relief ball in their opposite hand.

Some people have very personal reasons for donating blood, while others just do it because they feel it is a good deed.

"I like donating because my blood type is O-negitive, I know my blood is important so I should share it," said Sam Lewis, a sophomore at Castleton.

Fellow sophomore Fisher Clements said he donates just because he believes in doing a good deed when the opportunity presents itself.

"It's a good thing to do. It's the right thing to do. I don't really like anything about it, it's just re-warding."

But not everybody feels they are the right person for the job.

"I feel like I would be one of those people that get really light headed and passes out," said senior Aminah Orogi.

Celi Hunt, president of the Alumni Association helps oversea the blood drive. Some of her re-sponsibilities consist of making sure donors have food and drinks, finding volunteers, advertis-ing the event by posting signs, making flyers, setting up billboards and even helping with the set up.

"Thankfully the football team helped us set up this morning," said Celi Hunt with a smile on her face.

Director of Community Service Crispin White plays a significant roll in the blood drive event. The American Red Cross contacts White every summer to set up dates throughout the academic year to come to the university.

"We try to make this a community event," said Crispin White.

This is done in various ways like getting the Castleton Women's Club to help find volunteers and even having the Castleton football team help set up in the morning and break down in the evening.

Falling short of their goal of 87 pints of blood, the American Red Cross finished the blood drive with 59 pints from 73 participating donors, according to Red Cross leaders. The Red Cross leaders say they look forward to increasing both the number of participants and the number of pints collected when they come back to Castleton and take over President Dave Wolk's house during the next blood drive on November 29. They will also be returning to campus once in February and once in April.

Cowden takes on new position

By Nicole Webster
Castleton Spartan

"Castleton says yes to ideas where other places look for reasons to say no," Rich Cowden says about why he loves working at Castleton.

Cowden, who was recently promoted from director of the Fine Arts Center to Director of the Arts at Castleton, likes that President Dave Wolk agrees to let him try to make all his crazy ideas a reality.

"He's a very creative guy… He's also someone who can work well with the three (arts) departments and improve connections with Rutland," Wolk said about letting Cowden try out his ideas.

Cowden said he is willing to do whatever it takes to improve the arts at Castleton. He and the art, theater arts and music departments are working together to create a 10-year strategic plan for each department and the arts as a whole.

"My job is to help do whatever it takes to raise the level of arts at Castleton," Cowden said.

Harry McEnerny, chair of the theater arts department, said he believes Cowden will "bring arts advocacy to the region and get people jazzed about the arts who weren't before."

Part of Cowden's 10-year plan includes growing the number of students who are either majoring or minoring in an arts field, "aggressive fundraising" for scholarships and other things for those students, offering the right degrees to attract more students, and renovating the Fine Arts Center down the road.

"It's been good for me to be able to have so many things to work on," he said. Between working on the plan for the arts, teaching, directing plays, and his projects, like Project 240, Cowden definitely has a lot to do.

Project 240 is one of Cowden's ideas that has taken off. Partnering with the Paramount Theatre in Rutland, they have brought many political events and speakers to the Rutland community. On Sept. 18, James Carville and Mary Matalin came to the Paramount.

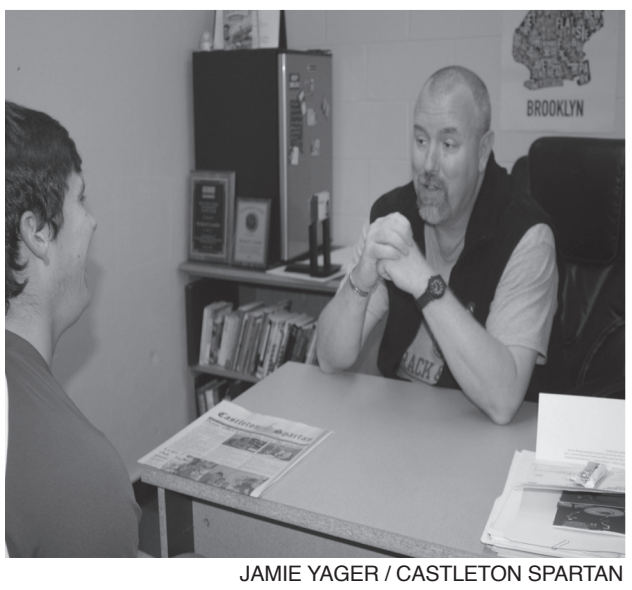
Cowden said when he talked to Matalin, she told him that "two thousand students is perfect," and he agrees.

In a profile for the Castleton website in 2013, Cowden said he was excited about being somewhere he could get to know people, and that's still something he enjoys.

"Walking around campus, I know more people than I don't know," he said.

Cowden said that Castleton has had a huge impact on his family over the last few years. His wife, Jess Cowden, works at Castleton full-time now as Soundings director and a communication professor, and three of his four children live in Castleton and love the university.

"The Cowdens are Castleton folk," Cowden said.



JAMIE YAGER / CASTLETON SPARTAN

Richard Cowden has a new position as director of the arts at Castleton.

Drew's Reviews: Tirade's triumph

By Drew Hersom
Castleton Spartan

Tirade isn't a word most of us associate with the sun. His debut EP, Cilvia Demo, put his name on the map in a big way, but two and a half years have passed since. The artist's struggles with addiction and depression have routinely derailed his creative process – putting him at odds with his record label, Top Dawg Entertainment.

The intro skit on the album is a voicemail from TDE Co-President, Dave Free, demanding Rashad's new album by September 2. Another voicemail from Free appears on the album insisting that the artist simply chooses a topic. The album sounds remarkably triumphant considering pressure on the artist and his own vices have been bad enough to make him feel oppressed by the sun.

The songs on Cilvia Demo discussed issues in society with this beautiful indifference that belied the depth in his analysis. The success of that project turned Isaiah Rashad into a name to watch out for, but he seems uncomfortable with the persona his fan base has made for him. On one hand, he's an infinitely relatable person. On album opener "4r da Squaw" he says, "if I can pay my bills I'm good; I'm coming over," – a familiar sentiment for college students. On the other hand, he has a tough time being what people expect of a rapper because he still feels the pain of a hard time growing up. It seems he feels like that's not what people want to hear and asks, "How ya tell the truth to a crowd of white people?" on the atmospheric mid-album cut "Bday."

Rashad's music this time around is marred slightly by his efforts to question how his art is received. When the art you produce is a meditation on how your art is accepted, you could argue that there's actually no substance there. Rashad seems prepared for that audience reaction to, but gives us a hint to decoding his craft on the second part of "Rope // rosegold." "I got the music for the vibers and we don't usually talk about it." Isaiah's more concerned with aesthetic than thematic cohesion which is probably how we let him get away with making an album about how hard it is to make an album. This could be why the mellow "Free Lunch" was chosen as the only single instead of one of his amazing collaborations with his TDE label-mates, Kendrick Lamar and Jay Rock. Both "Tity and Dolla" and "Wat's Wrong" are project standouts and Rashad easily holds his own when he steps it up to match the veterans. If he could stay on that level for a whole project his next one might just be a masterpiece.

Theater dept. does it again

Production of Fuddy Meers captivates audience

By Jadie Dow
Castleton Spartan

The Castleton theater department has done it again.

The recent production of "Fuddy Meers," written by David Lindsay-Abaire, was inspired and the humorous script was beautifully portrayed by the small cast.

With only seven people gracing us with their presence on stage, this play was different from any other I have been to. The mysterious plotline left everyone in the audience engaged the entire time.

Every actor or actress in this play did an exceptional job. Erica James played Claire, the main character. Claire suffers from some type of amnesia, and woke up every day without any memory of her life.

The timeline of the play happens over the course of one day, before Claire goes to sleep and forgets everything again.

Much of the plot was left a mystery for most of the play, which I believe was designed to allow the audience to identify with Claire more easily.

While this production was wonderfully directed by Harry McEnerny and brilliantly cast, the performer who rose to the top was Katy Albert for her role as "Gertie".

This character had recently suffered a stroke and could not speak properly. Every word she spoke was gibberish, and yet somehow, Albert managed to make me care about her character. I knew what she was trying to get across. That is the mark of a true actress.

She didn't even need real words.

This is also where the name of the play came from. Fuddy Meers is Gertie trying to explain to Claire about the "funny mirrors" at a town fair.

Perhaps the most enamoring thing about the entire night was the humor. Vincent Tatro's character, Kenny, was downright hilarious. He played a dyslexic, rebellious teenager with a tendency to smoke a little weed. His snarky comments and quirky demeanor made the show.

Now it's time to talk about Dalton Jesse-Cummins' character, Philip. Philip is a man who was deaf in one ear, blind in one eye, had a limp and a lisp. That's a lot of ailments to keep track of.

He did it perfectly.

Let's also throw some credit to Sorelle O'Loughlin, who was in charge of the SFX makeup. She not only managed to make Philip look as though grease had actually been poured onto his ear, but she also made it look disgusting enough for me to see it from the back row.

The only criticism I have is that this was a live production, so I can't watch it whenever I want to.

Bravo.

MARTIN VANBUREN / CASTLETON SPARTAN

The Castleton theater program put on a production of "Fuddy Meers," a comedy written by David Lindsay-Abaire, which ran from Sept. 22-25.

MARTIN VANBUREN / CASTLETON SPARTAN

Matthew Eckler, playing Millet, shows us his comedic side.

Fresh food takes over Main St.

By Jesse Rowe
Spartan Contributor

There's a hidden gem in the town of Castleton every Thursday that many students might not know about. Starting in the early summer and ending in the early fall, from 3:30-6 p.m., there is a farmer's market in the beautiful Castleton Village.

Local venders gather and set up tents to sell their homemade and handmade products. You can find things like fried dough, fresh meat and produce, tie dyed clothing, homemade jelly, jewelry, and often their goods are served up with live music.

"It's nice to know where your food is coming from and that the people selling it are the same ones who grow it or make it," said Castleton University senior Abigail Hackman.

Many of the venders make it a family affair every week, which gives the market a small town friendly vibe.

"When you go there, everyone's really nice and you see two or three generations working together which is really cool," Hackman said.

Local honey maker Charlie Derouchie is in his first year as a vender at the market and said he loves the great atmosphere.

"Everyone helps each other out and is really friendly. I usually bring my granddaughter here and she loves running around to the different venders," he said.

The eight-year tradition lives on and grows as more and more venders become part of it. Lori Barker, manager of the market since it started, sets up each week to sell her homemade variety of pickled goods, jellies, and breads.

"I learned to make pickles as a kid with my grandmother and have been doing it ever since," Barker said.

A frequent vender at both the Rutland and Rochester markets, Barker notices a rise in sales as at the Castleton market when school gets back in session.

"College kids come in looking for snacks for their dorm rooms," she said.

Located on Main Street in the parking lot next to the Citizens Bank, the market is just a few hundred yards from the college campus.

"It's nice having such great local food, walking distance from my house," said student and Main street resident Nate Lumsden.

Attendees say the weekly farmers market brings some much needed daytime life to the town – and some tasty stuff to eat.

"It doesn't matter which table you go up to, you will find great food and friendly people selling it," Lumsden said.

JAMIE YAGER / CASTLETON SPARTAN

A Castleton resident shops for honey at the Famer's Market on Sept. 22.

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Elections

Continued from page 1

"I would vote for Gary Johnson because he is the most moderate of the three candidates," he said. "I do not trust Hillary, and Trump speaks his mind, which I like, but it could also get us in a lot of trouble."

While students and faculty members believe this election is a circus, Richard Clark, political science program coordinator and director of the Polling Institute at Castleton, believes this is normal election-time behavior.

"American politics has always had an entertainment factor," Clark said.

But while talking about the recent behavior of the candidates, Clark said Americans are seeing some firsts this election season.

"We've never had a candidate use the tone and language Trump has used, and show such a lack of understanding of the office he seeks," Clark said.

When asked about Clinton, Clark said, "The email scandal was bad on her part. There is a difference between doing something stupid and doing something scandalous."

Carville: Trump ideas insane

Continued from page 1

Junior Joshua Lake also liked the humor.

"I don't think it took away from it. I think it added a lot. With how personal politics has become to make it something to joke about a little bit is awesome," he said.

While some students, who wished to remain anonymous, said they only attended the event because it counted toward Soundings, both Lake and Riedel felt very differently.

Lake attended the event because he thought it would provide an "interesting look into a bipartisan relationship, something which is generally not seen as acceptable."

Reidel said he had heard of Carville as a political commentator for years and that getting an opportunity to listen to him speak in a small Vermont city was a rarity.

"In a certain way, it's like you're almost obligated to go. If another event with speakers of their caliber were to come to the region I would absolutely go," he said.

Despite their enjoyment of the event both Lake and Reidel did not feel that the experience was what they had in mind.

"I wasn't disappointed, but I also did not take away what I came to take away. I was looking forward to being able to understand why an everyday Republican … is voting for Trump, even though they don't support him as a person or a candidate," Lake said.

Reidel's main criticism came from the Question and Answer session as well as the general attitude of the moderator.

"The Q&A was quite weak I'd say, very disappointing," he said, placing blame on those asking questions in the audience, but also on the moderator.

"I think he was a little star struck…. He was a little timid at times and I think he was too ready to agree with what they were saying. He never challenged their statements," he said.

As his interview came to an end, Reidel make sure to write down what he thought was the worst offense of the evening.

"Even if your entire audience is full of millennials, as a moderator it's not (expletive) kosher to pull out your phone and start taking photos," he said.

He made them twerk, freeze, and cheer

Continued from page 1

MARTIN VANBUREN III / CASLTETON SPARTAN

Students are having fun with Mina's hypnosis, left. Mina directs students' actions, right.

Procida peered through his hands as he watched himself take a deep breath on stage, and exhale invisible dust toward other participants, knocking them unconscious.

"That's crazy. That's crazy!" he said, shaking his head.

But there were moments Procida did not find "hilarious," especially when he watched himself in disbelief as he performed like a cheerleader.

"I'm pretty sure I just did the YMCA," he said, "I couldn't imagine being in the crowd watching this."

Just when he thought it was over, he was hit with an unexpected surprise.

Procida shielded part of his face as he hesitantly watched himself twerk on stage.

"That is probably a once-a-year thing, for sure" he said.

Sawyer and Procida also explained what it felt like to be hypnotized.

"It's weird because you're kind of aware of what's going on, but at the same time you're not. It's so hard to explain," Procida said.

"It's different for everyone. For me, I was aware of everything that I was doing, I just couldn't control what I was doing." Sawyer said, "You have to be open minded. If you don't think it's going to work, you're going to make it not work. You have to be willing to let it happen."

Mina has performed at Castleton for several years in a row, and explained that 80 percent of his business is at colleges.

"I'm just happy to be back," he said. "I love you guys. You're so ripe and ready for the world."

Residents loving their apartment lives

Continued from page 1

Students have the opportunity to get away from campus because Castleton is growing to be too big for it's residence halls.

"We knew we'd have a crunch for on-campus housing this year," said Scott Dikeman, dean of administration, who helped make the apartments a reality.

Dikeman said that the residence halls are all full on campus and the apartments are also going to be fully booked by spring semester.

"There are 39 beds and right now we have 38 full," he said. He also said there is one more person coming for the final bed for the spring semester.

Students who are living in the apartments are paying about what they would to live in a single room on campus, according to Dikeman. He also said that the university is looking into getting more housing in Rutland since it's been so popular and since Castleton would like to continue growing.

Castleton already has a lot going on in Rutland. There are art galleries, the Polling Institute and Spartan Arena. Many students also have internships there.

"I'm going to be doing my student teaching next year and if I end up teaching in Rutland, I could literally walk there if I wanted," said Doolen.

Students who are spending more time working, interning or student teaching in Rutland could potentially save money on gas if they're already living there.

Rutland businesses could have more customers, or even employees, with students living there.

"The Bakery across the street stays open later now for the students," Doolen said.

Castleton students living in Foley Hall are doing everything they can to stay welcome in Rutland, according to Doolen.

"Everyone who lives here knows that this is a great privilege and we don't want to jeopardize it," she said.

Students travel to show Pride

Kyle McCarthy
Castleton Spartan

CATHERINE TWING / CASTLETON SPARTAN

Toné Sawyer poses at the pride parade in Burlington on Sept. 11.

Rainbows were everywhere, as crowds of decorated people lined up on Church Street for the main event.

On Sept. 11, Spectrum Pride and Castleton University's Gay-Straight Alliance took a trip to Burlington to go to the Annual Gay Pride event.

There were shouts and claps of excitement as the parade started. As the event name suggests, I felt an overwhelming amount of pride and inspiration as different companies, churches and organizations walked down and showed their support.

The same goes for junior Emerson Spiese, vice president of Spectrum Pride.

"Going to Pride is always a bit of a surreal experience. Being open about my sexuality and gender has always been a struggle. Even in accepting places like Vermont, it's easy to feel isolated and alone when you're coming to terms with yourself," Spiese said.

"Being surrounded by people who are also queer, who understand what you're going through and can give advice or sympathize, is amazing. Being surrounded by that kind of positivity is inspiring and reassuring and validating and just awesome. There's no other word for it. Pride is awesome."

The atmosphere of the parade and event was incredibly inspiring, with an overwhelming amount of support and love being passed around. Almost everyone attending the parade was dressed in rainbow-colored clothing.

Along with rainbows, people also wore other LGBTQ+ pride apparel, or flags as a capes.

"I had a really good time at pride. I had never been to any pride event, but it was so much fun and everyone was all dressed up and happy which was a fun atmosphere," said senior Catherine Twing.

After the parade everyone went to Battery Park, where sponsors handed out Pride gear including small rainbow flags, sunglasses and Frisbees.

Vendors sold Pride decorations and clothes and there were activity booths, and information booths about gender and the LGBTQ+ community. The main attraction was a drag queen show that went on continuously for hours, until the event was over in the afternoon.

Walking around the park and watching the show made me feel an immense amount of pride for not only myself, but the LGBTQ+ community and the allies that support them. The pride event felt like a family, and I look forward to going again next year.

CATHERINE TWING / CASTLETON SPARTAN

Castleton students were well represented at the parade, also attended by many Burlington residents.

H.E.A.L encourages students to join club to help Kenya

Continued from page 3

The club is actively looking for new members and is trying to get the Castleton students to come out and run for the children.

Registration starts at 1 p.m. and the run is at 1:30. The cost for the general public is $25, $10 if you have at least $50 of sponsorship, $50 for the family rate or $25 for the family rate if you have $50 in sponsorship. If you are a student, the rate will be $10 if you raise $50.

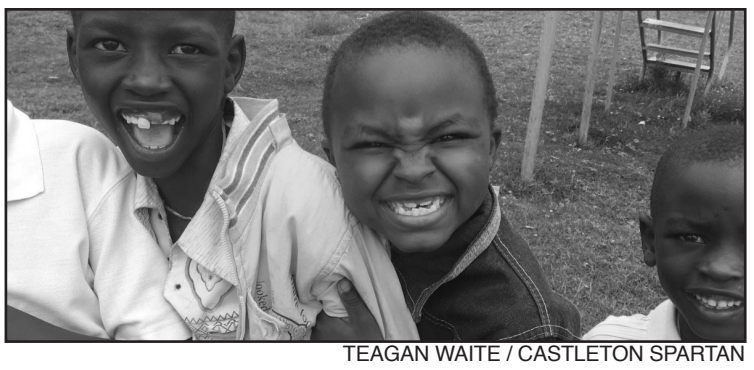
H.E.A.L vice president Kayla Vaillancourt said she wanted to become part of the club because she wants to be a part of something bigger than herself and join something she was truly passionate about.

"Working at DCF (Department of Children and Families) really inspired me as well to do more. I just want to help," she said.

Waite said dorms in the Kenya orphanage need to be finished and the kitchen and currently the community center has no running water.

Waite and Musick-Wright have crunched the numbers, and if they could raise enough money to buy a cow for the community center, it would significantly offset their cost because they could sell the milk to local villages.

All three officers of the club encourage others to join and to contact Tegan Waite at tegan.waite.2014@gmail.com or 802-779-2221.



TEAGAN WAITE / CASTLETON SPARTAN

Children at the Rapha Community Center share smiles.

Jason Bahenna hired as new sports info director

By Catherine Twing
Castleton Spartan

Inside a small, undecorated office, tucked away in the Spartan Athletic Complex, Jason Bahenna began his second week as director of Athletic Communications, working hard to continue the work done by his predecessor, Ben Stockwell.

As the fall athletic season was fast approaching, Stockwell accepted a position at Assumption College in Worcester, Mass., leaving Castleton an opening it needed to fill.

In Stockwell's absence, graduate students Tom Blake and Jordan Doroshenko, along with Dean of Advancement Jeff Weld helped to make sure everything was prepared for the season.

Lucky for Castleton, Bahenna was looking to return to New England from Seattle where he had been for nearly 10 years, just as they were looking for someone with his kind of experience.

Once he took the position on Sept. 12, he assumed responsibilities including overseeing the communication efforts for the 29 division III varsity sports, working with the two graduate assistants, updating castletonsports.com and social media platforms and writing stories to send to media outlets, among other duties.

In past years, Bahenna has lived all around the country, most recently in Seattle working as the sports information director at Seattle University. During his time at the school, the athletic program became division I, part of that included the media outreach he worked on.

Jason Bahenna

He enjoyed Seattle, but said it was time to leave.

A New England native, Bahenna is very glad to come back to the area.

"This is home," he remarked.

His family is from the Boston area and while living in Seattle, he could only come home twice a year and at very limited times due to the intense division I schedule. Here he will have an earlier break and is only a three-and-a-half hour drive from his parents' home.

Another thing he missed about New England was the sports teams.

"I've lived on the west coast twice, but I've always been an east coast guy," he laughed. While he likes all the New England-based teams, basketball is his favorite sport to watch as he grew up watching the Celtics in the '80s. He also missed watching ice hockey regularly.

Through his career he has learned to appreciate sports like volleyball and softball, and has learned to tolerate soccer, he said making a hesitant face.

While not an athlete himself, joking that he wasn't given the genes for that, Bahenna has always been involved in the sports world, starting as sports editor for his high school paper and working for the radio station.

He is also a big fan of live music. When asked what his favorite genre is he had to think for a minute.

"It varies. Classic rock. Older stuff," he said mentioning some shows he's seen lately: Aerosmith, U2, Fleetwood Mac. "I also like to chill out at home with a good comedy. Intelligent comedy; you have to think about it to enjoy it."

Although he's only been on campus a short while, he loves the feeling Castleton has.

"It's a good ole fashioned New England college. The brick buildings on the other side of campus, the green space. It's intimate and friendly. So far so good," he said.

Because of his recent arrival, most people on campus haven't gotten to know him much, but they are well aware of his level of sports knowledge and ability.

"He's detail oriented, hard working, and understands the role that athletics plays at a university like Castleton," Weld said, adding that from his initial observations, Bahenna is also very humble and passionate about collegiate athletics.

Associate Dean for Athletics and Recreation Deanna Tyson agrees.

Women's rugby squad still struggles

By Kathleen Thompson
Castleton Spartan

Castleton Women's Rugby faced their second away game of the season and fourth consecutive loss, as they took on the Sacred Heart Pioneers of Fairfield, CT with a final score of 56-0 on Sunday, September 25th.

The Pioneers dominated offensively, shutting out the Spartans in the first half with Sacred Heart executing a strong offensive attack and playing most of the game on Castleton's end of the pitch.

The Spartans defense was no match for the Pioneers who scored 29 consecutive points with a combination of tries from sophomore second row Samantha King, junior scrumhalf Emily Mignoni, junior inside-Center Charlotte Tallman, who would score back-to-back trys, and junior hooker Sarah Rodzevick. Freshman full back Kaylee Hale would go 2-5 on conversion kicks.

At the start of the second half, the Spartans were still unable to gain the ball offensively and the Pioneers continued to put on the pressure. Marissa Yost would score the first try of the second half at the 29:40 marker and the team continued to show no signs of stopping continuing to score and putting another consecutive 27 points on the boards to finish the game 56-0.

The Spartans will continue their season traveling to University of New England on Friday, September 30th with a game start at 6:00pm.

Crompton continues to impress

Freshman Kaylyn Crompton shines early in her Castleton Career and looks to gain momentum throughout the season.

By Austin Crosier
Castleton Spartan

Freshman cross country runner Kaylyn Crompton is making a name for herself here at Castleton. The U-32 graduate from East Montpelier, Vermont looks to continue her success in her young career. Crompton has already received North Atlantic Conference Rookie of the week three times, NAC runner of the week twice and ECAC runner of the week twice.

Q. First question is what is your major? And what are your plans after college?

A. My major is exercise science. My plans after college might be to get my master's degree at UVM. I might become a nutritionist or physical therapist.

Q. That's awesome! Perhaps with a focus in sports?

A. Maybe! I'm not sure yet.

Q. Gotcha. Did you play or participate in any other sports in high school?

A. Yes I did Nordic skiing and track in high school and I want continue these sports in college.

Q. Great! How long have you been running Cross-Country?

A. Since 7th grade.

Q. Very nice! You obviously like it to have been running for so long! What is your favorite part about Cross-Country?

A. My teammates are the best part of cross-country. I love the mental and physical toughness as well that comes with running. Racing is also fun for me. I love the competitiveness of it. You should also mention my teammate Adi Toof, she is such a great person and friend.

Q. So it's safe to say you are a team player who is willing to push yourself to win?

A. Yes! Giving and receiving support from my teammates is such a good feeling. Running a personal best is also the greatest feeling in the world. You can really see that your training and hard work has paid off.

Q. How do you prepare yourself before a race? What goes through your mind as you're warming up?

A. I try to get as much rest as I can the night before a race so I can feel good and rested. I make sure that I have done a proper warm up and dynamics and striders. As the race gets closer to starting, I get more and more nervous, but once the gun goes off I feel okay. The only thing I am focused on is myself and where I am in relation to my competitors. I also make sure that I am properly hydrated and had enough to eat.

Q. Sounds like you have it down to a T because you have recently received individual success from the North Atlantic Conference named both runner and rookie of the week for three consecutive weeks! What does this accomplishment mean to you, especially as a freshman?

A. It means so much to me. I'm glad that I can be a big contribution to the team. I also had a super tough coach in high school, and if it wasn't for him, I wouldn't be half the runner I am today.

Q. Sounds like he saw something special in you and maximized your potential. Tell me what it's like to cross the finish line knowing that you came in first place?

A. It feels amazing to be the first one to cross the line. I am out there to run for a good place and time, and to also help my teammates and push them along as well. As a result, our whole team improves and our work ethic strengthens. I really feel like this has been the case this year. Some people have said that our team this year looks stronger and more connected than ever.

COURTESY OF CASTLETONSPORTS.COM

Kaylyn Crompton strides her way to a first place finish in the Mountaineer Invitational 5k earlier this season.

Q. That's great to hear! Is there a specific teammate you look up to?

A. I really like to watch long distance runners like Galen Rupp and I also love watching Usain Bolt!

Q. Great choices! Who is your role model and why?

A. My role model is probably my entire family. They are so supportive and encouraging and they are always looking out for me and want the best for me.

Q. Always great to hear someone who finds success to talk about how important their family is to them. What do you like to do in your free time?

A. In my free time I love to hang out with my friends and family and also spend time on my own just relaxing and listening to music. I also love camping!

Q. Camping is a great thing to do, especially in the state of Vermont! Ok, last one. What are your goals for the remainder of the season personally and as a team?

A. My goals for the rest of the season are to continue working hard and having fun both in school and cross-country! I'm really in love with Castleton and I want to make the most out of my time here!

Q. Glad you're enjoying Castleton and I wish you the best of luck! Thank you, Kaylyn!

A. Thank you for choosing to interview me! It means a lot! Good luck to you too with school and football!

Spartans fall to instate rival Norwich, 3-2

COURTESY OF CASTLETONSPORTS.COM

Fidele Rutayisire netted his first career goal against Norwich.

By Jordan Lumsden
Castleton Spartan

Castleton men's soccer looked to claim its second win of the season, but failed to capitalize on numerous chances, losing to Norwich 3-2 at Spartan Stadium on Sept 20.

Fidele Rutayisire and Dallas Desroches both had goals for the Spartans. Noah Schiers, Alec Brigante and Luke Gleadle tallied the goals for the Cadets.

Castleton struggled with its set pieces going just 1-11 on corner kicks as opposed to Norwich who went 1-3 on corner kick attempts.

The Spartans dominated time of possession throughout the game and didn't hesitate to shoot, but of the 20 shots the Spartans took, just 7 were on goal, 5 of which were saved by Norwich keeper Billy Whaley.

The Cadets took 10 shots with four being on net. Castleton Goalkeeper Dan Palker finished the game with one save.

The Spartans tried to lob multiple through passes but quick work by the Cadet defense slowed down the Spartan strikers just enough so they could recover.

"They just had a really strong midfield and it was kind of hard for us to bypass that at some points," said Castleton senior forward Seth Wilmott.

Noah Schiers started the scoring for the Cadets off a corner kick in minute 24. Schiers trapped the ball from Luke Gleadle off his chest and then rifled a shot into the center of the net just outside six yards out.

The Spartans answered right back after Rutayisire scored his first career goal. Wilmott looked like he was going to settle the ball, but instead one touched a pass down the left wing for Rutayisire to run onto. Rutayisire fired a low angle shot on the ground that was able to sneak just inside the far post past Whaley.

Norwich broke the tie early in the second half when a clear attempt by Castleton midfielder Alex McCourmick hit off a Norwich attacker. The ball went into the air and then was poked into the back of the net by the head of Brigante.

Just five minutes later Gleadle was fouled in the box by Palker. Gleadle put home the penalty kick to give the Cadets commanding 3-1 lead.

After Desroches brought the Spartans within one Castleton looked to score a late desperation goal. A flurry of late shots by the Spartans forced Whaley to make two key saves in the final 7 minutes of play.

"As a team we get kind of excited when we get into the attacking end. We either try to force it or people won't shoot," Wilmott said.

Castleton travels to play Green Mountain College this Saturday at 1 p.m.

Spartans drop third straight

WILL CHMIELEWSKI / CASTLETON SPARTAN

Senior Makai Hawkins breaks away from the Salve Regina defense.

By Dylan Blowers
Castleton Spartan

Behind new quarterback Mitchell Caron, Castleton looked to earn their first win of the season on Homecoming weekend. After a close first half, the Salve Regina Seahawks scored 28 unanswered points in route to a 49-19 win over the Spartans.

Caron, a sophomore out of Augusta, Maine, completed 18 out of his 27 passes for 300 yards, two touchdowns and one interception. He also added a rushing touchdown.

"We were looking for answers, and I think we got the answers we were looking for," said Castleton Head Coach Tony Volpone when asked about Caron's play. "I am excited about the way he played and his future."

Soren Pelz-Walsh caught six passes for a total of 123 yards, including both of Caron's touchdown throws. The linebacker tandem of Darren Callan and Jakob Trautwein tallied 19 and 14 tackles, respectively, for the Spartans. Sam Pascale and James Dawson of Salve Regina combined for 264 yards and four touchdowns on the ground in their victory. Pascale also recorded a touchdown catch. Brandon Basil went 14 of 23 with 244 passing yards and a pair of scores for the visitors.

Salve Regina started with the ball first, and took eight plays and three and a half minutes to go 76 yards and take an early lead. Basil threw a 10-yard touchdown pass to Pascale to put the Seahawks up 7-0.

After both teams went three and out, Caron and Pelz-Walsh gave the home fans something to cheer about. On a third down, Caron threw a strike to Pelz-Walsh, who then outraced the defense to record an 80-yard touchdown and make the score 7-6. Ryan Payne's extra point attempt was blocked by Dave Mavilia and the score remained 7-6.

The visitors answered quickly, however, as Dawson scored his first of three touchdowns on a nine-yard run the next drive. His second score would come early in the second quarter, as he made the game 21-6 on a one-yard run.

The Spartans would take momentum later in the half, by scoring on their last two drive before intermission. Caron scored on a three-yard keeper midway through the second, and threw a three-yard score to Pelz-Walsh with 22 seconds left in the half to pull within two, 21-19.

This would be as close as Castleton would get. The Seahawks' defense would hold the Spartans scoreless through the second half, and would score twice in each of the remaining quarters to run away with the win.

"We always feel like we are a second half team, and I think today we really started to wear them down," Salve Regina Head Coach Kevin Gilmartin said postgame. Volpone attributed his team's struggles to, "fatigue" and "lack of depth, especially along the defensive line". The defensive line suffered a blow when Justin Nolan went down with what appeared to be a knee injury at the end of the first quarter. He did not return.

The Spartans return to action Saturday Oct. 1 when they take on conference opponent Anna Maria at 1pm at Spartan Stadium.

Sports through pictures

COURTESY OF CASTLETONSPORTS.COM

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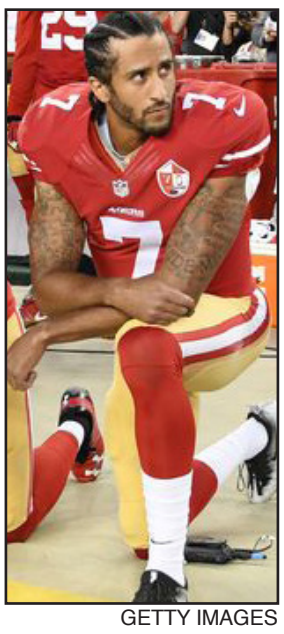
COURTESY OF RICHARD GLASSCOCK

Bri Diphilippo, top left, moves the ball up the field in the women's soccer game against Colby-Sawyer, which ended in a 2-2 draw. Meeghan Doris, top right, looks to make a save in the field hockey loss to Westfield St. 4-0. Walter Odell, bottom left, breaks a tackle in men's club rugby's home opener against Curry College, which they won convincingly, 53-3. Willow Barbero-Menzel, bottom right, makes a tackle on a Molloy player in the women's rugby game at home earlier this season.

Kaep gets unfair hate



GETTY IMAGES

By Dylan Blowers
Castleton Spartan

At last Saturday's Homecoming football game, I heard what might seem like a strange comment to some. As everyone was rising for the pregame national anthem, a man nearby observed aloud, "Look, no one is kneeling". This comment makes complete sense in light of recent events in the sports world.

Colin Kaepernick, former starting quarterback for the San Francisco 49ers, brought himself into the news when he was seen sitting on the bench before a preseason game during the national anthem. Kaepernick, who is biracial, has been quoted of saying, "I am not going to stand up to show pride in a flag for a country that oppresses black people and people of color."

He has proceeded to kneel during the national anthem for his team's first two regular season games, and he vows to continue kneeling until things start to change. His teammate, Eric Reid, has joined him in kneeling. Recently, U.S soccer star Megan Rapinoe knelt during the national anthem before her Seattle Reigns' game against the Chicago Red Stars and who knows how many more are to follow after the police shootings of black citizens in Tulsa and Charlotte.

So what does all of this mean? Let it be known that it is completely lawful to not stand during the national anthem. This is not a question of law; this is a question of morals.

I thought Arian Foster, running back for the Miami Dolphins, said it best when he tweeted out, "the flag represents freedom. the freedom to choose to stand or not. that's what makes this country beautiful."

There are, of course, people that do not condone his actions at all.

John Tortorella, head coach of Team USA for the World Cup of Hockey, has been quoted as saying, "If any of my players sit on the bench for the national anthem, they will sit there the rest of the game."

I am a young Caucasian male, and have never before experienced any kind of racial discrimination that Kaepernick and others are protesting; so you may take my opinion with a grain of salt. I have been to many athletic events in my lifetime, and have never seen any athlete – or any fan, for that matter – choose to kneel during the national anthem. No matter their race, religion or gender, they have all stood.

This is not to say that I shun Kaepernick's actions. I actually praise him for using the spotlight he has as an athlete to bring to light a social issue. He is not being violent in any way, shape or form. He is taking a stand by taking a knee.

Nelson Mandela used rugby as a platform to bring together blacks and whites in South Africa. Now Colin Kaepernick is trying to use football to as a platform to stand up against racial discrimination. Nelson Mandela is seen as a hero to many; so why is it that Kaepernick is being seen as, 'un-American'? How is this fair?

Castleton Spartan

CASTLETON UNIVERSITY'S STUDENT NEWSPAPER

Wednesday Oct. 19, 2016 CastletonSpartan.com Castleton, Vermont

Duo teams to get students to vote

By Adam Cook
Castleton Spartan

This year's presidential election is offering two very different candidates, and a Castleton University student has teamed up with an administrator to ensure the students can get to the polls to vote on Nov. 8.

Chrispin White, director of community engagement, and Castleton senior William Chmielewski, are working together to bring the students to the polls in a Castleton van.

"It's important for students to get their voice out, and show who they believe to be the next president," Chmielewski said. "We are gathering together a fleet van. We are going to send out emails to the students, and we are going to run a bus every half an hour back and forth to the polling place to allow students to have a chance to vote, and to get as many students as possible to vote."

While not too long ago, ballots were cast at the university's Fine Arts Center, the town of Castleton moved the location to the new firehouse.

"When you have a small town like Castleton, and a university in town, there could be a shifting of the power depending on the voting pattern," White said. "What they wanted to do is make sure that the town residents really had the majority of the vote for the local positions."

Rich Clark, associate professor of political science, says it is important for students to get out and vote.

"Students' issues tend to be neglected in national and statewide races because they show up in such low numbers," Clark said, "The people over 45 are twice as likely to vote as people under 25. Because politicians don't expect students to come out and vote, they don't play to their issues."

So what do students think of the effort?

"I think it's a good idea to get people, especially people without cars on campus, to get them out to vote, because voting is very important so your voice can be heard and everything," said Brian Leonard, a Castleton freshman who is planning on voting this election.

Leonard, who is from New Jersey and will not be voting in Vermont's local elections, thinks that it is strange that the polls would be moved.

"There are a lot of people from Vermont that go here, and to take away their say really close around the corner from where they live, so they won't influence a Vermont election, it's weird, because there are a lot of students who care about the local elections," Leonard said, "Maybe they should bring it back."

Regardless where the polls are, White said it's vital students vote.

"As a college student in this country, you have a voice. You need to utilize that voice in a way that you see fit," White said, "Educate yourself on what's going on in our country and in our communities, and utilize your voice to try to make some of those initiatives come to fruition."

Polls at the firehouse will be open from 8 a.m. to 7 p.m. and the van will run every half hour from the school. Emails will be sent to students with details where and when they can be picked up to go vote, Chmielewski said.

Deatailing a transformation

By Patrick Cote-Abel
Castleton Spartan

Jeffords Auditorium was packed. Nearly every seat filled with a student who was texting or chatting away. Then, surprisingly for a Soundings event, all the chatter ceased and the phones went away the moment a speaker stood up – and they stayed away for the entire performance.

Retired psychology professor John Klein stood to introduce the day's guest speaker, and he began by quoting author Neil Gaiman, "Political correctness is just a synonym for respect."

It's a remark that instantly erodes the arguments of anyone who claims that issues of the LGBT community are issues of "political correctness," or that they are a "lifestyle choice."

He then moved to claim that studies show the brains of transgender individuals more closely resemble the gender they identify with than the gender they were assigned with at birth.

To much applause he proceeded to introduce Teri Wilhelm, an alumna of Castleton University, when it was then called Castleton State College.

Terry Wilhelm

Wilhelm, 58, is a mathematics instructor at SUNY Adirondack and has been married for more than 30 years. She has worked as a correctional officer, a firearms instructor, and has played in numerous bands. When employed as a correctional officer in the 1970s she was a major union activist.

In 2008, Teri, then Terry, completed her classes at Castleton State College. However, she realized that all of the stress she had been feeling over the last year may have not been solely academic.

She decided to see a therapist and during her sessions realized that she was indeed a transsexual woman.

When discussing her realization that she was indeed a woman, Wilhelm said that it was "like an Agatha Christie novel," meaning there were clues and hints all throughout her life and that, through hindsight, she was able to put the pieces together.

She discussed the abuse she suffered as a child, because all of the other boys could tell that deep down she wasn't as manly as they were, despite their young age. And during her time as a firearm instructor, she was capable of bench-pressing 300 pounds, which she claimed was an obvious attempt at over masculinizing herself.

Wilhelm discussed five questions, which she, as a transgender woman, would rather not be asked. These questions are so commonly asked of transgender people during interviews or simply by people who knew them before their transition.

What do you look like under your clothes? (What do your genitals look like?)

What do you dress like at home? (Is this just a facade you maintain in public?)

What did you look like before your transition?

What is your real name?

Are you gay?

Speaking on National Coming Out Day, Wilhelm also discussed the topic of coming out, claiming it to be "the gift that keeps on giving." No matter how many people you inform, there will always be someone else that you have to tell, she said.

She did offer some pointers though, suggesting that people shouldn't inform people in the way that she did. Upon discovering she was a transgender woman, Wilhelm said she sent an email to every one of her hundreds of contacts.

See Transgender on page 6

Photo illistration by Matt Zitwer

By Christian Procida
Spartan Contributor

Click… Click… Click…

"Hello?" said Tyler Higley, a senior at Castleton University from the inside of the men's second-floor bathroom stall in Ellis.

Click… Click… Click …

"Hello?!" he said again, hoping for an answer in return. After a long dramatic pause, he heard it again.

Click… Click… Click …

"HELLO? IS SOMEBODY THERE?!"

With no reply, Higley pulled up his pants in a frantic panic, swung open the bath-room stall door and examined the room. To his surprise, he was alone.

"I was in the bathroom carrying on with my business and I knew I was the only one in there. The next thing I know, I heard footsteps. Everyone knows that distinct clicking sound of high heals, my mother wore them every day to work so I know what they sound like and that's what I heard. When I got out of the stall and saw nobody else in there, I panicked and got the hell out of there," he said.

The common belief that the Ellis dormitory on Castleton University's campus is haunted has become a popular horror story told to each year's incoming freshman class.

But like many ghost stories, proof is difficult to come by.

One undocumented tale dates back to the 1970's when it is believed that Penel-ope, a female student who attended the college back when the school was still a state college, had hung herself in the third floor women's bathroom. It's believed that Penelo-pe haunts Ellis to this very day, giving student's who live there, tales to tell their family and friends.

Prior to Higley's encounter, he never believed in supernatural presences, but his one encounter changed his opinion forever.

"It's hard for me to believe that Penelope is the sole reason behind all the creepy shit that goes on in Ellis, mainly because there's no actual proof of her committing sui-cide, but I honestly believe that something isn't right with Ellis. Between my experience and other stories I've heard, I think it's haunted for sure," he said.

Stories told about what takes place inside the walls of Ellis are hard to believe for most people, because most consist of what people hear, rather than what people see with their own two eyes. That's why senior Vidavanh Xapilak believes her story is most convincing.

It was 4 a.m. as Xapilak was half-asleep in her bed. Her roommate Kayla and her boyfriend Ryan were getting ready to leave on a hunting trip. Once Kayla and Ryan were gone, there was something that kept Xapilak awake.

"After they had left, I heard the door open – but didn't see a light. I open my eyes up and I saw this girl standing in front of the dressers, just standing there! I'm trying to talk but nothing would come out. I thought for a second I was dreaming, so I turned to my side and all of sudden I felt an arm go over my body, I could feel someone laying right next to me. Again, I tried calling out to Kayla, but I couldn't say a word. After a couple of seconds it all stopped."

Do you believe?

According to the article "Why We Love Ghost Stories" by Ilie Ruby, there's one psychological reason behind why people, even the most frightened of the population, feed off ghost stories.

"They offer us a sense of control over terror, something unattainable in real life. Perhaps this is why we hang on to them, why we tell them to our children and our grandchildren," Ruby writes.

But not everybody feels that sense of control that Ruby talks about. For Xapilak it was actually the complete opposite.

"Nothing was scarier than feeling like I had no control over what was happening," replied Xapilak when asked about the scariest part of her experience. Author and psychiatrist David Robinson has another theory why some believe and some don't.

See Ellis on page 6

Trump has support at CU

By Jadie Dow
Castleton Spartan

With the election approaching rapidly, there is a question that many liberal Vermonters are itching to be answered: Why would anyone support Donald Trump? Despite the recent scandals and Trump's controversial policies and behaviors, there are still Castleton students who support him, though they are the minority.

Among the Trump supporters is Castleton junior Norman Michaels.

"He's a businessman and he's not afraid to say the things no one else will. I think his

policies would be good for our country. Supporting Hillary doesn't make sense with my views. Trump's policies would help businesses and create jobs," Michaels said.

Other students agree.

A source who asked to remain anonymous in an attempt to avoid criticism from Clinton supporters who "don't understand policies" stated, "His policies are for the people. Our jobs have been leaving America due to a high cost of operation, as well as a high amount of corporate tax. Trump aims to help everyone economically, not just himself."

Though political science professor Rich Clark will not say who he is supporting, he said Americans are being subjected to one of the most bizarre elections ever.

"I have never seen an election that is so one-sided, where the Republican Party is not in lock step with their candidate, and where the two major candidates are so poorly thought of by the general public," Clark said.

According to a new poll released by Nate Silver, a proclaimed predictor of elections, Clinton has an 87.3 percent chance of winning. This poll is broken down state by state.

Michaels disagrees.

"I think Trump has a good chance to win, but it will definitely be close," Michaels said.

Clark believes Clinton will win.

"I trust the data. The probability of Hillary winning is now up in the high 80s. In social science when you get anything that high of a probability, it's about as good as you're going to get," Clark said.

Last week, an audio tape was released of Trump speaking with Billy Bush, a known radio and TV personality, speaking about approaching women and kissing them, among other things, without their permission.

Many companies are pulling their endorsements, but not everyone is appalled.

"You won't find a man who hasn't said that before or in regards to it. One only gets mad at insults when they are true. What about a woman who was found guilty of violating national security? Got four men killed? Risked the lives of countless others?" the anonymous source said, speaking of Clinton. Communication professor Bob Gershon was not shocked by the latest revelation about Trump.

"It's abhorrent, but it's not at all surprising. It's kind of surprising that something like that wasn't out there in the first place," Gershon said.

Despite all of the controversy, some students are still undecided.

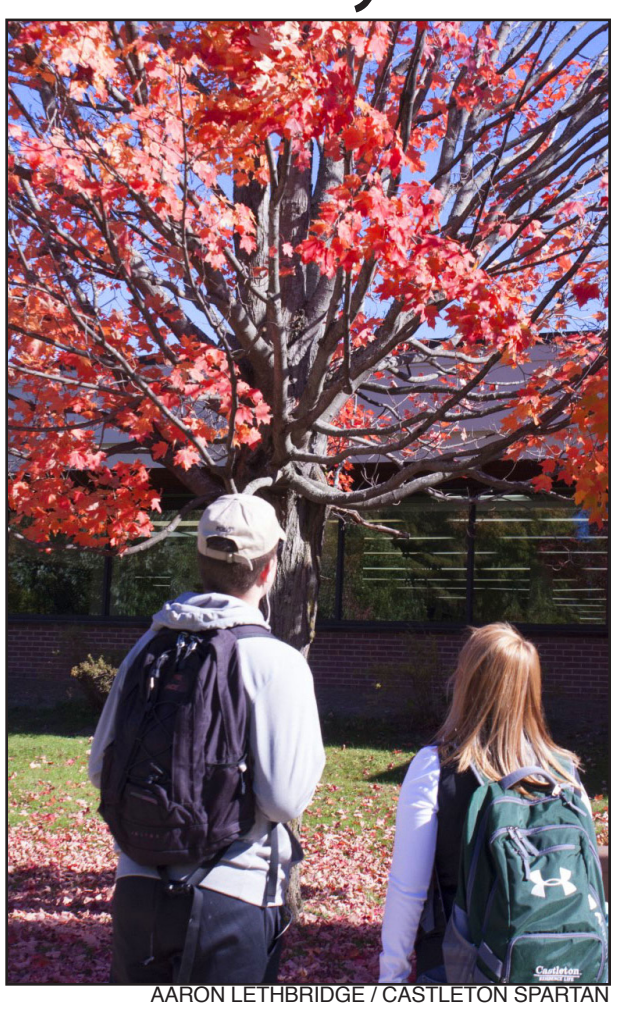
Sophomore Morgan Hewitt is abstaining from voting in this election.

"I haven't really been following the debates or anything, and I don't want to go off of other people's opinions," Hewitt said.

This doesn't sit well with Gershon.

"People who aren't voting are allowing their futures to

Aren't they nice?



AARON LETHBRIDGE / CASTLETON SPARTAN

Students take a second to admire the changing leaves last week.

Don't take Trump's locker-room talk lightly

By Shannon Fischer
Castleton Spartan

He took her furniture shopping. Maybe she bought a new lamp, a picture, or a comfy new couch. To him, though, it wasn't just furniture shopping. Apparently shopping for furniture was his way of trying to "move on her."

A 2005 recording of Donald Trump making lewd comments about women was leaked, and everyone is in an uproar. Billy Bush, a radio and television host, was conversing with Trump in this audio.

In the audio, you can hear Trump saying explicit and demeaning comments about women. Toward the end of the audio he says a comment that has shocked a surplus of people.

"I've gotta use some tic tacs, just in case I start kissing her. You know I'm automatically attracted to beautiful -- I just start kissing them. It's like a magnet. Just kiss. I don't even wait. And when you're a star they let you do it. You can do anything," Trump said.

Billy Bush is laughing in the background like a comedian cracked a good-humored joke.

Trump continues to spit words of ignorance.

"Grab them by the pussy. You can do anything," he said.

I find his comments absolutely appalling, he's not just spewing

nauseating words, he's condoning sexual assault.

His explanation? It's just "locker-room talk."

Chris Klume, a former Minnesota Vikings punter, wrote a letter to Donald Trump that has gone viral. In this letter he expressed what really is said in locker rooms. According to Klume, what was talked about in the locker-room was far-fetched from the sort of bullshit that has echoed from Trump's mouth.

These men talked about their families, travel, money, and if they did talk about women, it didn't even compare to Trump's remarks.

"We talk about women (and sex!). We talk about wives, sisters, mothers, daughters, fans, and groupies. Most guys respect women, some guys don't, but never have I heard anyone use your particularly disgusting brand of sadism that refers to women as objects and not people. Even the most debauched club-hopping party animal talks about women more civilly than you. We don't let each other talk like that about women, because it lessens our humanity, and even though we're modern-day gladiators, we still hold ourselves accountable to the idea of basic human decency," Klume wrote.

As if this audio leakage is bad enough, Trump is currently undergoing a lawsuit in which a woman alleges that Donald Trump raped her when she was just thirteen years old. According to nydailynews.com, a woman's

lawsuit alleging Donald Trump raped her when she was 13 will soon get a hearing before a judge — but not until after the presidential election.

Manhattan Federal Judge Ronnie Abrams has scheduled a hearing for Dec. 16. There have been other allegations of sexual assault including an allegation from Trump's ex-wife.

This man is clearly unfit to run this country, and it baffles me that he degrades women the way he does. His comments suggest that he views women as merely objects.

I find his comments highly offensive, especially the one where he said a woman must be "hot" to be a journalist. From someone who wants to be a journalist,

Donald Trump you have never been more far-fetched. My appearance has nothing to do with my character and integrity. My curiosity, critical thinking, and my hunger to deliver news are going to get me far as a journalist.

The sooner people open their eyes and see that this man is misogynistic and ill-equipped, the better we will be.

HOW'S THE TRUMPKIN PIE?
IT'S LIKE EATING A BRICK WALL.
WHAT ABOUT THE CLINT-CHOCOLATE CHIP ICE CREAM?
THEY DELETED IT FROM THE MENU.
I HAVE A SELECTION OF OTHER DESSERTS PROVIDED BY OUR HEAD CHEF MONICA.
MV

Gap year work was life-changing

By Sarah Liell
Castleton Spartan

The second time that I was in the third grade, my life completely changed. However, the second time was not due to failure of learning how to read, color, or share, but instead, was because I decided to take a gap year before starting college. I became a teacher.

I was more like a friend, mother, lunch buddy, coach, and cheerleader all wrapped up into one, bright red package wearing khakis. After my graduation from high school, I decided to spend my gap year doing an Americorps program called City Year.

City Year is a program that puts young adults into schools in high-poverty areas to assist with attendance, behavior, and course-work.

I had the opportunity to spend my City Year in the largest city in New Hampshire, Manchester. It is a diverse city filled with many different events, restaurants, and kinds of people.

I had the privilege of working with eighteen bright, funny, and sometimes unknowingly wise 8-year-old's. It was quite the experience living in the same community in which you taught in. I knew what each student had to deal with after they left school because I had to deal with it too. There was crime, break-ins and shootings. Unfortunately, most of this crime was related to the heroin epidemic that is plaguing our cities and towns.

Along with the crime, students usually went home to an empty household because their parents had to work day and night in order to provide for their families. That meant that putting food on the table came first before homework help.

One of my students came up to my desk after hearing the assigned homework. He quietly stated, "Miss. Sarah, I can't do the homework". I was curious for the answer, because it was more than likely to be along the lines of "I have too many video games to play", or simply, "I'm just not doing it". However, this student said that he couldn't do the homework, which was to read for 20 minutes any book of your choosing, because he didn't have any books at home.

I was so shocked to come to the realization that some students don't have the basic materials at home in order to continue their learning after school or during the summer.

After my student told me this I reflected upon my own school experience. In third grade, I was reading chapter books, being read to at night and writing my own stories. I was lucky enough to have had parents invested in my education because they had the privilege of only having one parent work in order to support my family.

Growing up, college was always a definite for me. I had parents supporting me, and it was simply an expectation that I would attend a University. When asked by my students what I was going to do after my year with them ended, I told them that I was going to college.

I began to ask my students if they wanted to go to college after they graduated from high school, and most of them responded with a "no". For the rest of the time that I was with them, I tried my hardest to make each one of them believe that they can attend a University one day if they work hard enough. Each one of them was smart, kind and funny. They just need to realize that college can be in their future.

A few weeks ago, after I started my first year at Castleton University, I went back to visit my students. I told them about my first days of school, what it's like at college, and how much I missed them. When one of my students was about to get on the bus to go home at the end of the day, he stopped and asked me a question.

"Do you think I can go to college, just like you?"

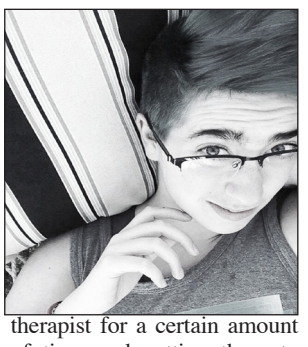
"Absolutely," I said in response.

Fighting transgender obstacles

By Leo Richardson
Castleton Spartan

Being transgender isn't easy. There is a lot of emotional strain that comes with the process of self-acceptance and being publicly out. However, it is even more difficult when you look at the way that health care is handled for transgender individuals in the United States. Between finding accepting health care providers and trying to get approval from insurance to cover procedures that would otherwise cost thousands of dollars, there is a lot of red tape for transgender people to try and cut through to be able to live their lives happily and healthily.

Of course, every policy is different. There are some states with insurance policies that cover things such as Hormone Replacement Therapy and procedures such as mastectomy and vaginoplasty or phalloplasty without too much hassle on the part of the individual seeking out these procedures. In most cases, HRT approval is prefaced by seeing a gender therapist for a certain amount of time and getting them to write a letter to the insurance saying that the individual being allowed HRT would help significantly decrease the body dysphoria that they feel. However, being approved for surgeries often involves being on HRT for anywhere from six months to two years, as well as seeing a gender therapist.



For example, through Anthem Blue Cross Blue Shield of New Hampshire, if you are a female to male transgender person, there are a handful of things that need to occur before the insurance will cover a mastectomy. Firstly you must be diagnosed with gender dysphoria, which involves explaining in detail to a therapist why exactly it is that you know that you are a different gender than you were assigned at birth. You also have to have had the transgender identity for at least two years, and prove that the dysphoria felt isn't related to any other type of mental illness. You also have to prove that the dysphoria causes clinically significant distress. After that process, the individual would also have to be on HRT for at least one year, and get two referrals from mental health professionals, at least one of which has to have a doctorate or masters in clinical behavioral science, and they also state that in order to be approved for the surgery you must have two XX chromosomes.

These steps are basically the insurance determining if someone is "trans enough" to qualify for surgery. The fact that they have realized that their assigned sex and the gender that they are isn't enough – as if it's something that happens all the time and there are people who are pretending to be transgender in order to get gender corrective surgeries. (Spoiler alert – that doesn't happen). Keep in mind that this is just the policy of one insurance company in New Hampshire, which is thought to be one of the more liberal and accepting states in the country. It can be even harder to acquire for people in other states with more conservative views.

People say that there is not fight left in the LGBT community now that homosexual marriage has been legalized. This isn't true. Note that there is a 'T' in the acronym – which stands for Transgender. Transgender rights have become more and more public this year, with regards to North Carolina's HB-2 bathroom law. Rights for transgender individuals involve more than just being allowed to use the restroom which they identify with, it also involves being able to have reasonable and accessible health care options in order to have a successful and healthy transition.

Check out The Spartan at Castletonspartan.com

Castleton Spartan
CASTLETON STATE COLLEGE'S STUDENT NEWSPAPER

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Needing help is okay

By Leenda Maraldi
Castleton Spartan

Sometimes we have to lower our head and admit that we are not invincible. As much as we would like to get by on our own, without being a burden on anybody, sometimes we just need help.

I had to admit I am far from invincible at the beginning of last week, when I was admitted in Rutland hospital because of a mental breakdown.

Did I want to go?

Not at all.

I let Public Safety drag me to the emergency room, with the strict condition that I would have been back to class by the next day. Why would I have needed a hospitalization, anyway? I was doing okay. I was going to class, I was getting my homework done, I was eating, I was doing everything I needed to do.

I would wear my best smile every morning, making sure to have it on by the time I got out of the door. I would find time to be social, keep myself busy, surround myself with noise so that the voices screaming in my head would not sound so loud. I was high functional.

The problem with being high functional is that it is a tricky game that you cannot play forever. The lightest blow of wind is all that it takes to make that castle of cards crumble, and there you are, naked, in front of the whole world.

People start noticing, they start staring. Suddenly you start forgetting to keep your sleeves down, people start asking what happened to your arm. You stop going to the library so much, you start being late with your assignments and missing class. You forget to eat.

People wonder if you're okay. You try to hide the purple lines under your eyes with make-up, but it doesn't really work; people start asking if you've been sleeping. You decide enough is enough, and you count up how many pills it will take for you to leave. Everyone will be better off without you anyway. I was no longer high functional.

I did not get back to class the next day;

I wound up spending the first week of October break in the psychiatric unit. I will not lie, at first I hated it. I thought there was no use in keeping me there, me being locked up in a hospital was not going to fix my problems. It didn't: but it made me realize something important. There is nothing wrong with needing help. There is absolutely nothing wrong with asking for help.

Being high functional is very overrated.

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Dogs bring relief for stressed-out students

By Nicole Webster
Castleton Spartan

Whimpering, cooing and yapping noises were coming from the student lounge in the library on Thursday at 3:30 p.m.

A fluffy white Bichon Frise named Bella, a silky soft, puppy-faced Golden Retriever named Autumn, and a sleek little Jack Russell Terrier named Tess all got snuggles and love from 20 people, almost all of whom were sitting on the floor with them.

The Wellness Center and nursing program at Castleton started a weekly stress clinic featuring therapy dogs as a way to help students learn about and cope with stress. It also serves as part of one nursing professor's research for her Ph.D.

"They are such happy animals and it's impossible not to smile when they start wagging their tails and kissing your face. Just the act of petting a dog helps reduce the stress probably because it is such a repetitive motion that is soothing to us," said sophomore Brigitta Gough.

Jamie Bentley, coordinator of Campus Wellness Education, and Martha Coulter, director of the Wellness Center, explained that one of the best ways to reduce anxiety and stress is to talk about it.

"We also know that pets and therapy dogs can be really helpful in trying to reduce our stress. We know people actually talk to their pets and their animals because animals are really good at not judging," Bentley said.

The clinic wasn't just about playing with dogs though.

Brooke Naylor, a nursing student, gave a short presentation on the relationship between college students and stress and how it affects other aspects of their life.

"I did a whole bunch of research on different studies that explained the correlation between the stress/illness relationship and found that it's kind of this continuous cycle. You eat the wrong foods. You don't get enough sleep. You're stressed because you're not eating the right foods. Not eating the right foods is making you more stressed," Naylor said.

She also handed out some tips for improving sleep, exercise and overall stress levels. Bentley and Coulter also handed out a checklist for students to fill out and see how stressed they are.

JAMIE YAGER / CASTLETON SPARTAN

Autumn, a golden retriever from Caring Canines Therapy Group gets some love from students while visiting campus last Thursday.

Most people filled them out quickly and hid them under the handout from Naylor.

While Coulter had a recorded four-minute meditation exercise playing on her phone that everyone participated in as a way relax them, the dogs (mostly Tess) yipped and whimpered, looking for attention. The owners kept rustling treat bags trying to keep them quiet and happy while students were trying to focus on meditating and not the dogs for four minutes, which was cut short when the phone started ringing.

No one seemed to notice or mind that they got to start playing with dogs sooner.

Autumn, Tess and Bella found many laps to sit in a faces to lick while the presentations and meditation were going on, but the last half hour of the clinic was saved just for questions and, more importantly, petting dogs.

"I think that dogs are incredibly useful in relieving stress. They show affection when they sense that stress and stay by you as a sort of comfort," Gough said.

If that is the case, then these dogs were definitely sensing some stress and these dogs go to school to learn how to help make people feel better. They go to hospitals, nursing homes, schools, and other places where their job is to help people as a part of the Caring Canines Therapy Dog Group.

Tess and Autumn had already been to school that day and Bella had been at the hospital that morning, but they didn't let that affect their care for the college students.

All three seemed to be doing whatever they could to make people smile.

It didn't take much.

Everyone giggled quietly while Tess was making noise during what was supposed to be a quiet meditation. Even when the dogs weren't the main focus of the clinic, they were what people were focused on.

Coulter and Bentley agreed that dogs, or pets in general, can be great therapists.

"They don't care what you tell them. They're going to lick you in the face and love you," Bentley said.

\"My dog thinks that everything I say is brilliant," Coulter replied.

\"My dog thinks I'm hysterical," Bentley said laughing.

Growing pains?

Castleton's growth has some students worried about overcrowding

By Catherine Twing
Castleton Spartan

While on a tour of the Castleton State College campus in 2001, newly hired college President Dave Wolk noted all the improvements the campus needed. It needed a renovated theater, newer residence halls and more dining options.

But what the school of about 1,300 students needed most was signage. From Main Street there was no way of knowing where this small campus was or what was going on.

Today, there is no mistaking Castleton University's location within the small town of Castleton, Vermont. Signs along the street clearly indicate entrances to the campus, banners hang from streetlights and folding signs usher guests to parking for special events year-round.

The **u**niversity's presence is even felt in nearby Rutland: home to Spartan Stadium, the Castleton Polling Institute, Castleton Downtown Offices, the Castleton Downtown Art Gallery and recently opened this fall, Foley Hall.

But as Castleton's enrollment grows, now at roughly 2,200 students, the question on the minds of many becomes how big is too big?

The goal, as stated in the Castleton Plan, is incremental growth over 10 years to 2,500 students, including graduate students, part time students and students living in off-campus housing.

"We have reached the capacity of our footprint here in Castleton. We would be interrupting beautiful green space if we grew anymore," Wolk confirmed. "There will be no future growth on campus."

One area students see space getting tight is in the residence halls where the Ellis common rooms have been turned into triples and nearly every bed on campus is filled.

There are between 1,100 and 1,300 beds available on campus depending on how many singles, doubles and triples there are, according to Director of Housing Mike Robilotto.

DARA DAVISON / CASTLETON SPARTAN

As Castleton expands, students, staff, and community members are worried that it has outgrown its space. Students fill up Huden dining hall daily at mealtimes.

Castleton offers guaranteed housing all four years, but with the increased enrollment, students wonder where all these new students will be housed.

"Housing is a need for sure, especially if we keep getting more people. We can't just put them in apartments 20 minutes away from campus with a bus that comes through a handful of times a day," sophomore Kyle McCarthy said. "If we're going to add a lot more students, which is great, we need to add more space, but we can't and that's the problem."

Robilotto assures that housing will still be available to all no matter how many people want to live in campus housing.

"Everyone who pays a housing deposit gets housing," he said explaining how students with higher priority numbers get first choice of rooms, followed by students with lower numbers, and finally first year and transfer students. "We would start a waiting list if the rooms filled up, but we have never reached that point."

He referred to the situation in fall of 2013 where forced triples were made in Castleton Hall and North, South, and Audet houses. The lounges in Ellis were also made into triples and there were very few single rooms on campus. And even that year, they didn't need a waiting list.

Something Castleton didn't have in 2013 is Foley Hall, the new university housing in Rutland.

Foley Hall, which opened this fall, houses 39 upper class and graduate level students who represent five countries and 16 states, according to Wolk.

Robilotto said it gives students a nice option if they want to live off campus in their own space, but have Castleton as their landlord. Students in Rutland are also on the Castleton Wi-Fi system and use scan cards to enter the building like they would a residence hall on campus.

Helen Bearse is living in the Foley Hall apartments and says that it is a great option for her.

"I love living in the apartments so far. I'm out student teaching and I can walk to my school placement in 10 minutes because the apartments are right in the downtown," she said. "It's been amazing so far."

There is talk of obtaining more property in Rutland to be used as housing, but Robilotto said that there is no real plan at the moment.

Wolk explained another motivation for the growth into Rutland, besides the need for more space.

"We have a beautiful, bucolic campus. Very rural. We want to give students the option, or Vermont's version, of an urban environment. And downtown Rutland is as close as we'll get," he said.

Regardless of what's happening in Rutland, students are noticing the increased population on campus, most notably in dining areas at peak times.

"Peak hours are Tuesday and Thursday at noon and again in the evening at 5:30 p.m. This semester it is also fairly busy right at 7 p.m. due to the athlete schedules," said Sodexo General Manager Rob MacFarlane.

"I definitely avoid the dining hall during the normal eating times because it's typically too crowded," said senior Kayla Wood. "Plus, I think there aren't enough options for the amount of students we have."

See WOLK on page 6

Wheeler dorm room burgarized

By Leo Richardson
Castleton Spartan

The last thing that Joe Longobardi expected when returning to his suite in Wheeler hall after hearing news of a fire alarm on Sept. 23 was to find it had been broken into.

When he returned, he found trash on the floor, the screen of the window was missing and the handle and shades had also been torn off of the window. Once his suitemate returned, the group of guys discovered that there were multiple electronics missing, as well as $200.

Public Safety director Keith Molinari says that according to the statistics put out by the office, there are approximately two to six burglaries on campus per school year. Molinari has been at Castleton since April of 2014 and prior to this, he worked as an assistant director of Public Safety in the SUNY system and at the Sullivan county sheriff's department.

Molinari explained that there is only so much that Public Safety can do in situations such as these, since the police are involved in the sense of criminal activity happening, and Public Safety deals with internal discipline.

Public Safety and Residence Life work in tandem in many situations that occur on campus, especially those incidents that happen in residence halls.

Molinari explained that the two departments meet two times a week. One day is devoted to discussing the incidents of the previous week, and the second meeting involves who is doing what when and where in order to deal with situations that have occurred that are still open cases, as well as trying to prevent future instances.

"The vast majority of our students are honest, decent people," Molinari said.

When asked what the student population should know and do in order to help prevent becoming victims of similar situations, Molinari had a few tips.

"Always keep the door locked, including suite doors," Molinari said.

By being certain that doors are locked, it helps Public Safety be able to be sure that anyone being in the suite was there unlawfully and without permission.

He also recommended that students register their electronics with the campus IT services, because they have the ability to trace some electronics through that system.

When asked if he feels less safe on campus because he has been the victim of a burglary, Longobardi said "Absolutely not," explaining that although it's a bad situation and that he wishes it didn't happen, he understands that this is something that happens at colleges all over the country, and that he doesn't feel any differently about the community on campus because this has happened to him.

Free food for commuters

By Shane Hurley
Spartan Contributor

Paying rent, utilities, cable and other expenses can be a lot to handle for the average college student living off campus.

But if any Castleton University commuters are struggling with their bill payments, they may not know that Castleton Cares Inc. can save them money on groceries! With the help of the Castleton Student Government Association, CCI is allowing students access to their local food shelf.

"Grocery shopping can be very expensive … It makes living off campus stressful sometimes," said Anthony Porcelli, a commuting senior studying sports administration.

Located behind the Federated Church of Castleton, CCI gives commuters and struggling members of the community meats, vegetables and canned and packaged foods for free once a month. All commuting students have to do is live in Castleton, Bomoseen, or Hydeville, and fill out paperwork about their residency status.

"It's for the kids off campus that are paying rent and paying different bills," said CCI Assistant Treasurer Lois Ladd, who has been with the local food shelf for over 40 years.

Castleton Cares officials understand the great cost of living off campus and want to help make students lives better.

"If we can help meet people's needs with the food then they can save their money," said Castleton alumni Kathleen Foley, who has been volunteering at the food shelf for over four years.

All the food is donated by local schools and churches that have annual food drives that support CCI. Members of the community also donate food at the drop off box inside the church. And every week, Ladd drives to the local market and purchases food with any money donated. Over the last few years, Ladd has seen a decrease of people taking advantage of their services.

"Years ago it was a lot busier than it is now," said Ladd.

Jamie Nolan is a commuter who visited Castleton Cares for the first time last month.

"Students who live off campus should definitely take advantage of the food shelf," said Nolan, a senior studying public relations.

The commuting students who have received food from CCI are very appreciative.

"They're really passionate about helping community members in need," Nolan said.

The food shelf is open Mondays and Fridays from 1-3 p.m.

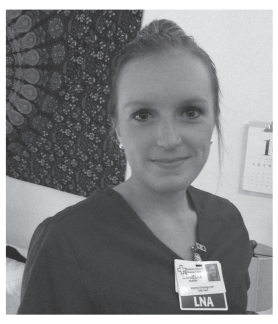
MATT ZITWER / CASTLETON SPARTAN

Castleton Cares Inc. allows CU commuter students to grocery shop for free at the food shelf.

Word On the Street

Jaime Nolan

Question: Are you registered to vote and why have you made that decision?



DANIELLE RUSSIN

"Yes I am registered to vote. When I got my license it was an option so I just did it there. I'm not voting in this election though I don't like Trump or Clinton."

AMBER HATCH

"Yes. I took a class in high school that we did it in, but I'm not going to vote because I don't know enough about politics."

CHRISTIAN PROCIDA

"Yes of course I am. It's my patriotic duty to vote."

CHRIS OETINGER

"Yes I am. I'm going to vote for the winner. Go Trump."

SHANE HURLEY

"No I'm not. I really should be but unfortunately I am not registered to vote and will not vote in November."

EMMA TRUHAN-SWANSON

"Yes. An old veteran yelled at me and told me to do it. I'm planning to vote in the upcoming election."

Paul's Pizza coming back

JIMMY BRITT / CASTLETON SPARTAN

Paul's Pizza is under construction with owners hoping to open by December or early next year at the latest.

Jimmy Britt
Castleton Spartan

On Valentine's Day of this year, tragedy struck Paul's Pizza in the form of an electrical. But out of the ashes, Paul's is being reborn and could be open again by December.

Ellis Concrete of Castleton has taken on the project. They have not only put in a foundation and floor, but they've also added walls.

"We hope that Paul's can get back on their feet and will be able to deliver pizzas again," said owner of Ellis Concrete Jarred Ellis. "We got onto the project because it's local and set up for what we do like foundations, paneling and selling paneling to other work sites."

Though the old building is gone, the memories of Paul's remain, including from the owner.

"I was an ambulance attendant and my husband was a contract manager for a plumbing company. My daughter Alaina was working here for the previous owner. That's my connection to it," owner Judy Wiskoski said.

Wiskoski said she would come to visit Alaina at work and fell in love with the place. When the building came up for sale 25 years ago, Wiskoski and her husband Paul took the chance and bought it. But they weren't prepared for the negligence of the former owners to cause a problem in the future.

"The fire marshall told us that it was the exhaust fan in the bathroom. It overheated and seized," said Wiskoski. "Before we bought the building that exhaust fan had been wired with an extension cord 50 years ago," Alaina said.

The Wiskoski's didn't know that until the fire investigator showed them. Although the fire was heartbreaking, they are excited to rebuild.

"It's been a rollercoaster so far. It's been very hard getting through the permit process with the engineers drawing up and proofing the plans. It's been months and months of waiting. But now it's getting really exciting seeing it go up," Wiskoski said.

She is also happy that her son is helping oversee the construction of the building. As for what can be expected for food once it reopens, there is talk of new menu items, but Wiskoski said that's still up in the air.

"We're thinking about adding gluten-free dough to the menu," said Alaina. "We'll always use the same dough recipe for our regular pizzas."

The Wiskoskis hope that they can also rebuild their staff and customers when the new building is finished in December or early next year.

They are thinking about continuing to deliver and adding a discount to college students after 9 p.m.

"I'd go there if they had discount, I'm not big on delivery," said freshman Kyle Dash.

"I'd definately order them if there was discount," said senior Cheyenne Borthwick.

Wiskoski said Paul's could be open as soon as December, but definitely by February.

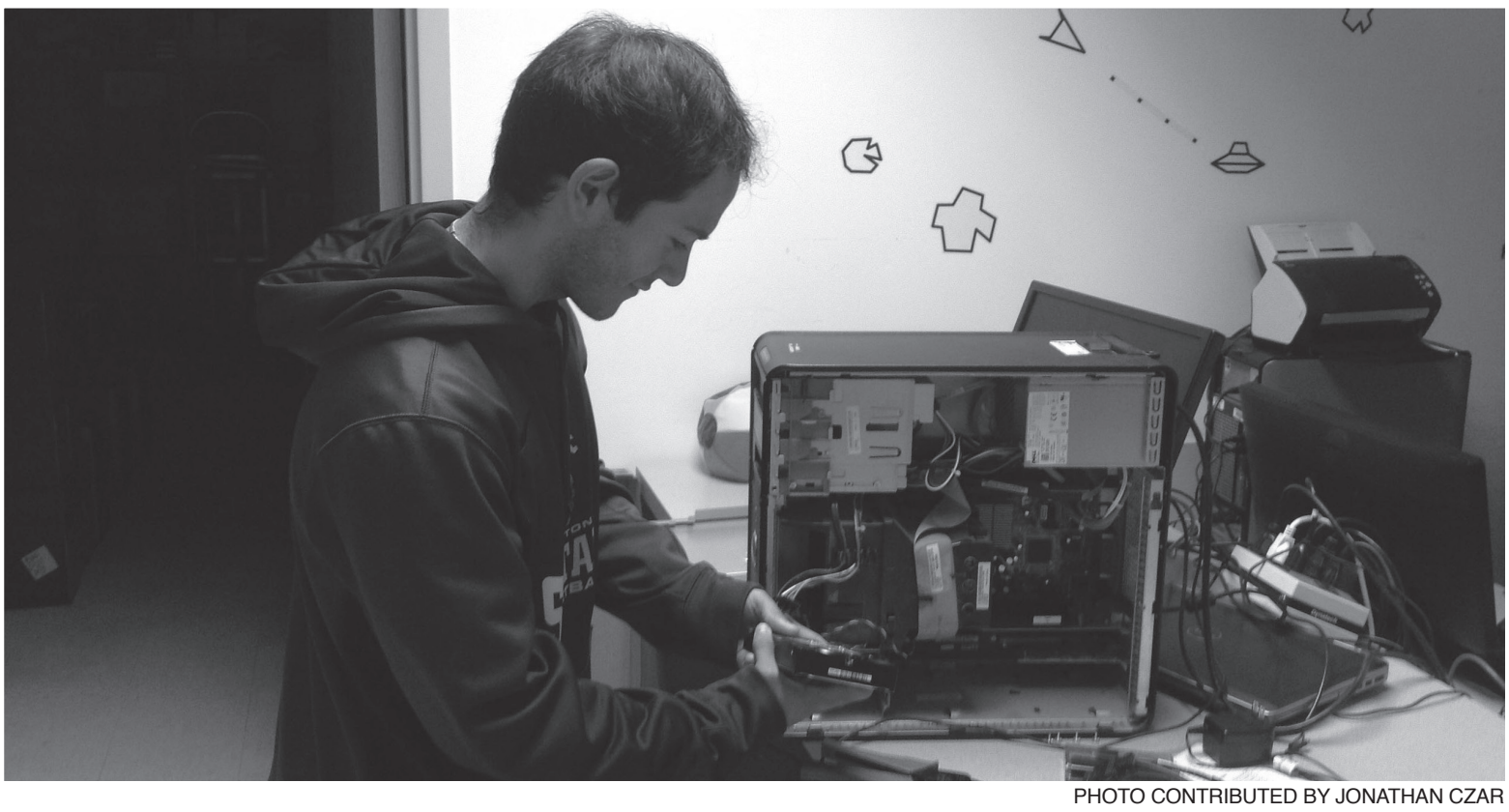


PHOTO CONTRIBUTED BY JONATHAN CZAR

Paolo Loli works on a computer for the IT Department located in Stafford Hall. The IT office is one of only a handful of work study sites offering jobs for international students.

Work study woes

International students struggle to find jobs

Vincent Guerrera
Castleton Spartan

You are in a new world and everyone around you is speaking a different language. The only things that you have to your name are what you can fit into two suitcases. You also have a set amount of money, and you think it will last you for the whole semester.

But when school starts, professors in various classes tell you that you need to buy this book, paper, pens, folders, and you see you're seeing the list growing and your money dwindle. At the end of all the purchases, you are left with $15 or in some cases - nothing. What do you do?

"I know," you say. "I'll get a campus job."

While that solution may work for most students at Castleton University, it's a lot harder for exchange students like to Camille Moraux-Pizano and Quentin Barthe.

When Moraux arrived at Castleton, she was told that her books would be paid by her scholarship, only to learn two weeks later that she had to pay for them herself. All of the money that she came with had to go toward her books. After that she was very nervous.

"I didn't realize I could have a job at that point, so I had to ask my mom to send me some money and then I started to do some research for the jobs," she said.

She always wanted to be a librarian, so she emailed the Castleton head librarian, who responded saying it was not possible because they did not take international students.

After looking on the Castleton website reading about the information, she feared that she would not meet the requirements for other on-campus jobs either.

Now into her second semester, Moraux is working as a French tutor for some income. However, she is struggling because students in French classes either do not know that she is tutoring think they have to pay or believe they do not need a tutor.

"I think it would be interesting for students if they had a mandatory meeting once in a semester with someone who is fluently speaking the language," she said.

Moraux said she would like to see the school taking more initiatives to let future international students know what resources are available to them, especially in January.

Quentin Barthe, now a CA who has been a student at Castleton for two years, had similar job difficulties when he first got to campus from France. Due to visa restraints, he could not work off campus and so he needed to find a job at the university. He went to go see Deborah Singiser, director of International Student Services, to ask for help and to find out what jobs were available to him.

Barthe applied to admissions office to give tours and to be a ball boy for soccer or football games, but he didn't get either position.

"I was probably too late, every time," he said.

Barthe even had a friend who was quitting at the bookstore and tried to offer the position to him, but Barthe was fourth on the list.

"Too many students applying for jobs on campus, that's the reason why I didn't get the job," he said with disappointment in his voice.

Barthe kept on applying for just about anything he could think of when his friends and a faculty member told him to try out for being a CA.

It was a long and grueling process with team building exercises and activities to make the in-training CA's think outside the box. When the interviews and activities were all done, it took over two weeks to notify him he had gotten the job.

Even though he is excited that he has a job now and is no longer worried about an income, he still feels that Castleton is lacking in the job field for international students.

He said there should be jobs solely for international students.

"It's really hard for some of them to just get a job, while for American people it's like 'Oh I know I'm going to get a job this semester.' They know where to look and most international students don't," he said. "They don't even know they can get a job."

Barthe would love to help spread the word that international students can get a job, that they are out there, and he wants to help upcoming students.

"There is no plan to add more jobs to meet the needs of international students."- Deborah Singiser

Freshman Rasmus Funch Pedersen, said the school provided him the right information about on-campus jobs right off, telling him to go see Deborah Singiser and Patrick Liu. But, in this first semester, Pedersen is looking toward adapting, fitting in, and said in the second semester he'll look for an on-campus job, maybe the IT Department.

"If we get even more international students after this semester and more and more afterwards, it would be nice to have more jobs," Pedersen said stroking his beard.

The freshman has spent a lot of money so far in the five weeks of the semester, but he is not worried because he is still getting a paycheck from his job back home.

"For me this first year is just surviving," he said.

Even though Pedersen arrived for orientation and got all the information he needed in August, for international students who arrived in January, like Moraux, they missed out on what they needed to do for on-campus job application.

Ben Mrowka, a freshman from Australia, feels the university is very comfortable, easy to settle in, and willing to help international students. Having Singiser and Liu from the international student office willing to provide anything the students need is especially helpful, he said.

Mrowka is not actively looking for a job, but has contacted the administration office to see if he can do tours of the campus for extra money. He is working some sporting events on the side.

"I think right now with all the sports jobs available to us, it isn't a problem. I can see there may be a problem for someone not familiar with sports, as there may not be an abundant of permanent on-campus jobs," he said.

Located above the Coffee Cottage, Singiser and Liu are willing to guide and support the international students.

Singiser creates, designs, implements, oversees, and evaluates all of the services for the international student population. When she started working at Castleton three years ago, the international student population was around 30 students and today it has doubled.

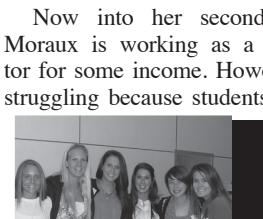
"Therefore things like on-campus jobs for international student interests for employment has grown," Singiser said.

Despite the increasing demand, international students are still only allowed to apply for institutionally funded positions that come out of the university's budget and not apply for federal work study positions, which accounts for most jobs offered here on campus. This is one of the biggest issues that the students are facing.

"It all depends on the university's budget, but there is no plan to add more jobs to meet the needs of international students," she said.

In order to help with this problem Singiser mentioned raising awareness to the supervisors who have those jobs and for overseers to go out and make sure the international students know they are eligible to work certain jobs that meet their documentation requirements. She said some believe international students cannot work at all, which is not true and something Singiser mentioned they needed to work on.

International students interested in applying for a job or wanting to know more information should contact or visit Singiser and Liu.



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Halloween on campus allows for creativity

By Catherine Twing
Castleton Spartan

As the leaves change and the air gets cooler, department stores fill with costumes, masks and wigs. But many Castleton students prefer homemade costumes to the store bought versions.

Last year, Karsen Woods was looking for a store bought costume, but found that simple may be the way to go.

"I searched tirelessly last year for a costume and ended up with an old mechanic's jumpsuit I found buried in the corner of a thrift store," Woods said. "Probably my best costume to date and it was like $8."

According to Forbes, Americans spent $6.9 billion on Halloween last year including costumes, decorations and candy. They spent $2.8 billion on costumes alone and, wait for it, $350 million on pet costumes. That averages out to each American spending $74 on the holiday.

But perhaps in part from budget concerns, for Castleton students, themed and homemade costumes are popular.

Student Chelsea Pine and alumna Katelyn Daly have had fun making homemade coordinated costumes you can't find in stores.

"We wanted to do pair costumes that are fun and ones that aren't seen very often," Pine said. In past years they have been Peter Pan and his shadow, and Wednesday and Pugsly Addams from the Addams family.

Junior Erica James and her boyfriend, senior Dalton Cummins, were Blue and Steve from Blue's Clues last Halloween, fitting the theater department's 90's theme.

"Since we both used to watch that when we were younger, we decided to go with that," she said of the Blue's Clues pair. "I made my costume pretty much out of an oversized t-shirt and used another t-shirt to cut out polka dots and I hot glued them on the dress. For Dalton's, we bought him a striped shirt and then I made him a handy dandy notebook out of construction paper and a pipe cleaner and I bought an oversized crayon and made the green stripes on it."

James likes homemade costumes because you can make them unique.

"I think it's cool to make your own costumes because you can add your own little twist to them. If you buy the costume as a whole, it's hard to change it, but if you buy parts of it you can change it up still," she said.

Alumna Kim French and her boyfriend, student Andre Hathaway, also did a couples costume last year going as a butterfly and butterfly catcher.

"I love doing couples costumes because it's really fun dressing up with your significant other. The costumes allow you to be goofy and express yourselves in a different way," French said. "It's a bonding moment for you and your significant other. It's fun!"

A benefit of homemade costumes is that they are usually cheaper than the $45 store bought costumes, but often take more time and effort and don't always turn out the way you hope, according to a blog on Doughmain titled "Pros and Cons of Homemade and Store-bought Halloween Costumes."

French and Hathaway's costumes combined homemade and store bought elements.

"The cool thing about our costumes last year was that mine was store bought and Andre's was homemade," she said. "He used his own clothes and then bought some butterfly stickers and a fishnet. Store-bought costumes are great for those who don't have time to make a costume, but homemade ones really allow you to show your creativity and personality."

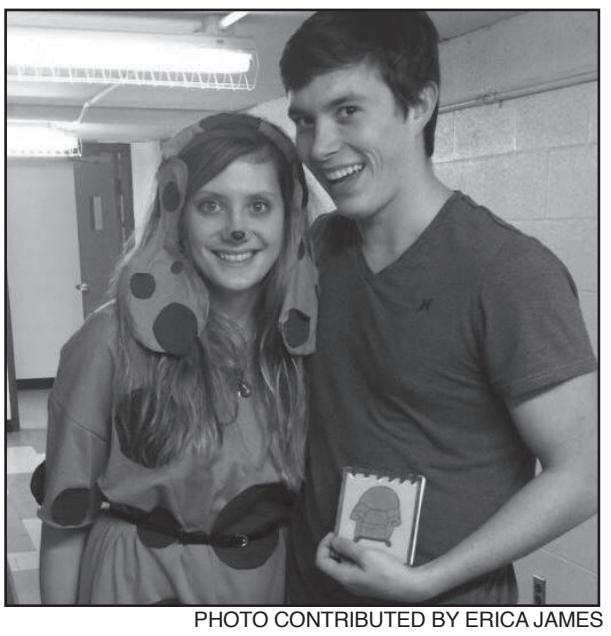

PHOTO CONTRIBUTED BY ERICA JAMES

Senior Dalton-Jesse Cummins and Junior Erica James dressed as Blue and Steve last year.

Icelandic Adventures

Yoko Ono makes appearance at art gallery in Reykjavik

By Olivia Maher
Spartan Contributor

As the small room with a podium at the front began to slowly fill, it struck me how not-so crowded, this "crowd" was. Yoko Ono is not a name taken lightly, and yet here I was casually waiting for her to present an award.

Deciding very last-minute to spend my October break in Iceland with a friend after finding crazy-cheap flights leaving from Boston Logan Airport, we happened upon one worldly experience after another.

After spending a few days driving around the wild landscape of this seemingly deserted island — a country that holds HALF the population of Vermont, and taking in all the natural wonders around us, a rainy Wednesday kept us within the boundaries of Iceland's largest city and capital, Reykjavik.

Among the brightly painted buildings, past the gift shops with every-sized stuffed-toy puffin you can imagine, and restaurant menus boasting their genuine Icelandic cuisine, we found the Reykjavik Art Museum.

After inquiring at the front desk on admission for the day to this contemporary display of works by artists from around the world, we were met with a matter of fact answer in perfect English from the lady behind the counter.

"Well, it's actually half-priced today, as most of our displays are closed right now. But feel free to come back on Friday for the opening. It's free and Yoko Ono will be in attendance," she said as she passed us a brochure for the event.

I didn't think I had heard her correctly and asked again just what was happening.

We're talking Yoko Ono here. World-renowned artist, peace activist, singer, songwriter. Her influence has seen no bounds. Not to mention, she's the second wife and widow to none-other than John Lennon.

With a nod of our heads as though this kind of opportunity was a normal occurrence in our lives, we purchased our tickets for the day in disbelief.

After dishing out Icelandic Krona, roughly $7.15, and a quick walk through all of the available exhibits later, we adjusted our nonexistent schedule of events for the rest of the week to pencil Yoko in.

When Friday evening came, we made sure to be early for this happening social event. Yet testing the locked doors at 5:45 p.m., we figured they'd must have realized their mistake in inviting random civilians to such thing and were doing all they could to keep them out.

Ten minutes later, however, the doors opened. I had read before the trip that Icelandic time was a bit more relaxed then some of the rest of the world. It was common for people arrive 15 minutes past set start times.

Soon 6:40 p.m. came around and the room contained a comfortable number of people. Not too many, but certainly not lacking by any measure.

All I could think was how if this were occurring in the U.S., people would be lined up out the door for a chance to be a part of it, or else it would be red-carpet invite only.

After the mayor of Reykjavik, of all people, had spoken to the crowd in a blur of Icelandic, everyone applauded and started to disperse in the direction of the exhibits. Confused, we determined Yoko to be a no-show, as she was supposed to be giving a speech right after the mayor gave his piece.

Disappointed, we decided to check out the work we had been denied at our visit earlier in the week. Passing a table of wine glasses full of white and red wine for choosing, we each grabbed a free glass to make up for the let down.

Up a flight of stairs, we came to the collection of Yoko Ono's exhibit titled, "One More Story." Walking into a big white-walled room, people were abuzz in a manner not usually found at an art gallery.

Created as a way for spectators to build a relationship with the art, everything was interactive. We, as spectators, became an active part in making the actual art of the collection. How many people can say they helped create the latest work of a leading experimental and avant-garde artist?

To my left, people were writing on the wall, in a piece called "My Mommy is Beautiful" where Ono had left pencils and instructions for viewers to write their favorite memory of their mother on the wall.

In front of me, helmets were hung from the ceiling in a basket-like manner, full of thousands of puzzle pieces, each with blue and white hues to match the sky. A placard marking the piece said, "Take a piece of sky. Know that we are all part of each other."

Large maps on the walls behind me told people to take a stamp reading "Imagine Peace" and mark on maps where in the world they want there to be peace.

Each work followed in the same interactive manner. All marked by moving, almost poetic explanations. The room and the work itself was alive.

An empty canvas sat alone toward the back of the room. The placard explained that Ono would make the initial marks on the canvas during the exhibit's opening, then spectators could add to it as they pleased.

IA bit sad that this piece would remain naked while the rest of the pieces would be touched and filled with the marks of people from all walks of life, I continued to look around. Pausing at a telephone sitting on a little stand in a quieter area of the gallery, a placard told me that the artist herself would be calling this phone during the duration of the exhibit, and that if it rang, spectators are welcomed to answer it.

The voice of a woman walking by pulled me out of my trance.

"She won't ring you on that, love. She's up at the front, " the British woman said to me matter-of-factly.

My eyes widened as I whipped around to locate my travel partner and drag them to the front where a small crowd had gathered around the once-empty canvas.

After weaseling my way to the front of the pack, there she was. Small in stature, but her presence filled the entire room. Rocking an all-black outfit, from the sunglasses on her face to the black Nikes on her feet, she moved carefully from dipping her paintbrush to writing on the now color-filled canvas.

I snapped many photos while her bodyguard eyed us and the rest of the crowd.

After completing her work with the mayor's help, she began her exit. Leaning on a young man, Yoko Ono, now 83, slowly walked through the exhibit, cameras following her the entire way as a flock of people still tried to steal a glance.

And that was it.

She came, she saw, she created, and she left.

The place was filled with the remaining wake of excitement from her visit. We grabbed our coats and little souvenirs of the art we helped create. Knowing we'd just experienced something special, we too made our way to the door, left with the memory of an event we stumbled upon i n a country we just happened t o visit.

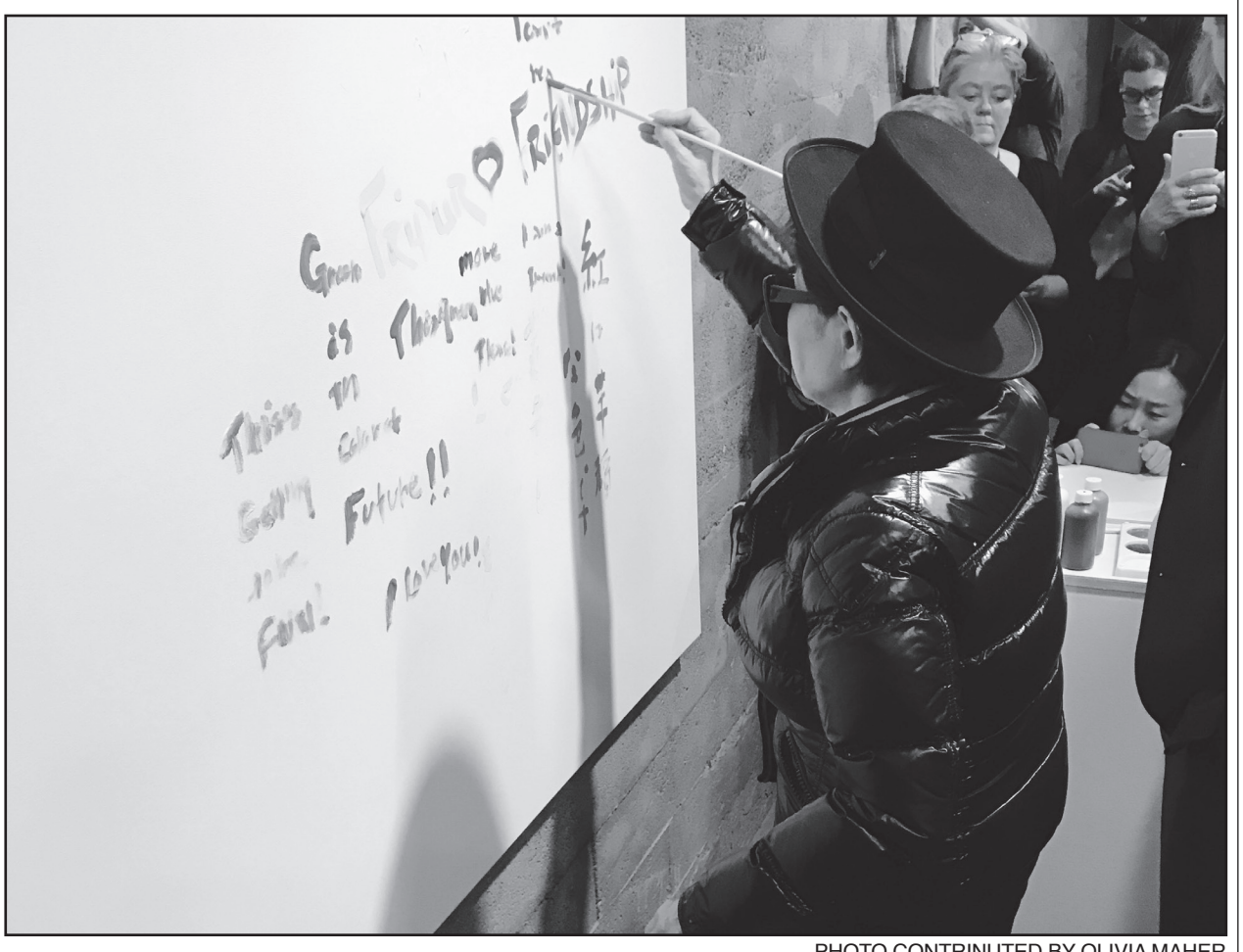

PHOTO CONTRINUTED BY OLIVIA MAHER

Famous artist Yoko Ono paints at an interactive art exhibit in Reykjavik, Iceland, where Olivia Maher vacationed over October break.

Film Club forms

By Nicole Webster
Castleton Spartan

The start of the semester has led to the start of some new clubs on campus, including a film club started by German student Madelaine Kopischke and some of her friends.

"I came here expecting one and decided to make one when I realized there wasn't," Kopischke said.

Kopischke said she would have started the club last year, but she didn't have any friends to help her out so she decided to wait until this year. The club has really taken off.

"There were over 20 people at the first meeting that was held on the Thursday before break," said professor Michael Talbott, advisor of the club.

Club members immediately started planning activities and went on their first field trip to the movie theater in Rutland to see "The Accountant" Oct. 11. They have more field trips planned.

"We're going to go to a movie in Rutland each month and host one here each month. Plus we're going to the film festival at the end of the month," Kopischke said.

The film festival she was referring to is the Vermont International Film Festival held in Burlington from Oct. 21-30.

"The festival contacted me last year and said they would give students tickets really cheap if I got a group together that wanted to go, but I didn't have enough people interested. It was great because, this year, students decided to go on their own," Talbott said.

Kopischke actually went to Talbott with the idea for the club and asked him to be the advisor.

The Film Club has elected Kopischke as president, but it's a democracy when it comes to deciding the movies they'll be screening.

"We have a Facebook page and we put options up there so everyone can vote," Kopischke said.

She also said that they will have themes for the screenings and discuss the movies afterward.

"This is something that I really wanted to achieve coming here … Film clubs are really integral parts of college campuses," said Talbott, who went to a school with over 400 film studies students.

Reader Poem: "Boston"

By Emil Christianson
Spartan Contributor

Look out for cops in the woods
And bears in the city
Reach out
For the exotic flavor of everything but what you expect
The sweet taste of colors
Black, blue, yellow, dark blue, purple, white, another white and green, another white but more blue, orange, blue, blue and blue.
Green, has a slightly darker taste.
A gentle touch by yellow
A punch by grey
Now I'm running on grey, while eating orange, smoking blue
and speaking red.
The kids don't feel it or taste itI see a bunch of thirty and forty year old kids
I feel like a wolf.
I feel like a tiger, still a little bit like a wolf perhaps
More like an old lady with tigers and squirrels in a garden house
The tigers ate all the carrots
Timothy says it's important I don't get lost in the city.
I feel good and not bad
Not at all
Unless the city crumbles and i have to hear the sound of the shapes
Becoming dark blue and green again.
The bus driver is driving.
The people are floating downhill
The patterns and I are struggling to fit in the pavement
The chamber of reflection is wide open
Look there is a bird again.

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Ellis ghosts stories

Continued from page 1

"A belief in the paranormal can be a kind of shield from the even harsher truths of the world. The idea is that when something unexpected happens, a death, natural dis-aster, or job loss, the brain scrambles around for answers, looking for meaning in the chaos," Robinson wrote in "Psychology: The Truth About The Paranormal."

For Ashley Pelkey, a senior hockey player at the university, she believes alt-hough what takes place inside Ellis might be creepy and hard to grasp, we should not try to overthink it. During January break of Pelkey's freshman year, she was required to come back earlier than the rest of the students because of hockey practice. Unfortunately for her, she was the only resident living on the first floor of Ellis at this time. One night at around 9 p.m., Pelkey arrived back to campus after practice. She walked into Ellis and made her way toward the bathroom. As she opened the door to the bathroom, she heard the toilet flush. As she looked around, she noticed that she was the only one in there.

"I knew Ellis had been known to be haunted, but I tried not to think about it, but it happened again a few more times that week until people came back to campus," she said.

What would the Ouija Board say? For Pelkey, the spontaneous flushing toilets weren't all that got her attention. And other residents who lived in Ellis began using an old method trying to find a little bit of proof or explanation of what they were experiencing. Ouija Board Wednesday became a trend, but died out quicker than mullets and leopard spandex. At the time, Pelkey was one of four students nervously hovered around the Ouija board.

"We asked questions that pertained to rumors we had heard, like if Penelope, the girl who supposedly died in the third floor women's bathroom, was real, and the Ouija Board told us no."

"Instead they informed us about a couple men who had attended the university back in the late 1800's. I do recall someone from Ellis saying they went and checked if the names were in the list of matriculated students and they were."

With all the different stories Pelkey has heard and the different scenarios she has encountered, she still does not feel the need to overthink the haunted conspiracy. "I believe in ghosts, spirits, stuff like that, but the toilets flushing could have been an electrical flaw, I can't say I'm fully convinced," she said.

But junior Trinity Ford was just another non-believer turned believer when she moved into Ellis in the second semester of her freshman year. She encountered a lot of the similar events that others have been experiencing for years, like running water, flushing toilets and everything else, but it wasn't until her sophomore year where she was completely sold on the idea that Ellis could potentially be haunted.

Ford had a passing in her family, when her aunt lost her life to cancer. Ford left her aunt's mass card from her memorial service placed into the crease of her mirror. It wasn't long before Ford felt the need to remove the card from her mirror and place it in a safe place.

"It felt wrong having her mass card up there whenever my boyfriend would come over, you know what I mean?" said Ford with a shy laugh.

Never getting the chance to put the mass card back, she returned back to her room one day to find the card in the last spot she expected it to be, sitting firmly in her mirror.

"I was absolutely terrified. I asked my boyfriend if he put it back but he swore he didn't."

With goose bumps covering their arms and chills running down their spines, Ford packed up her belongings and moved into her boyfriend's room in Hoff Hall.

"I never believed any stories, until it happened to me. I guess that's what it takes, but I got the message, that's for sure."

Wolk: We won't outgrow ourselves

Continued from page 3

There are between 1,100 and 1,300 beds available on campus depending on how many singles, doubles and triples there are, according to Director of Housing Mike Robilotto.

Castleton offers guaranteed housing all four years, but with the increased enrollment, students wonder where all these new students will be housed.

"Housing is a need for sure, especially if we keep getting more people. We can't just put them in apartments 20 minutes away from campus with a bus that comes through a handful of times a day," sophomore Kyle McCarthy said. "If we're going to add a lot more students, which is great, we need to add more space, but we can't and that's the problem."

Robilotto assures that housing will still be available to all no matter how many people want to live in campus housing.

"Everyone who pays a housing deposit gets housing," he said explaining how students with higher priority numbers get first choice of rooms, followed by students with lower numbers, and finally first year and transfer students. "We would start a waiting list if the rooms filled up, but we have never reached that point."

He referred to the situation in fall of 2013 where forced triples were made in Castleton Hall and North, South, and Audet houses. The lounges in Ellis were also made into triples and there were very few single rooms on campus. And even that year, they didn't need a waiting list.

Something Castleton didn't have in 2013 is Foley Hall, the new university housing in Rutland.

Foley Hall, which opened this fall, houses 39 upper class and graduate level students who represent five countries and 16 states, according to Wolk.

Robilotto said it gives students a nice option if they want to live off campus in their own space, but have Castleton as their landlord. Students in Rutland are also on the Castleton Wi-Fi system and use scan cards to enter the building like they would a residence hall on campus.

Helen Bearse is living in the Foley Hall apartments and says that it is a great option for her.

"I love living in the apartments so far. I'm out student teaching and I can walk to my school placement in 10 minutes because the apartments are right in the downtown," she said. "It's been amazing so far."

There is talk of obtaining more property in Rutland to be used as housing, but Robilotto said that there is no real plan at the moment.

Wolk explained another motivation for the growth into Rutland, besides the need for more space.

"We have a beautiful, bucolic campus. Very rural. We want to give students the option, or Vermont's version, of an urban environment. And downtown Rutland is as close as we'll get," he said.

Regardless of what's happening in Rutland, students are noticing the increased population on campus, most notably in dining areas at peak times.

"Peak hours are Tuesday and Thursday at noon and again in the evening at 5:30 p.m. This semester it is also fairly busy right at 7 p.m. due to the athlete schedules," said Sodexo General Manager Rob MacFarlane.

"I definitely avoid the dining hall during the normal eating times because it's typically too crowded," said senior Kayla Wood. "Plus, I think there aren't enough options for the amount of students we have."

According to MacFarlane, there are 1,072 students on resident meal plans and 241 on commuter plans. Huden was renovated in the summer of 2013 and while he said there is often talk of another dining option coming to campus, nothing is in the works right now.

Students are also noticing a crunch in the parking lots.

"At times I realize there are no more parking spots and you have to park in Africa (South Street Lot)," said Junior Isaiah Lamos. "It doesn't seem fair that we have to park there even as upperclassmen."

Keith Molinari, director of Public Safety, explained that it's not that there's no parking, just less parking in popular lots.

On a Monday morning at 11:30 a.m., this reporter went on a parking lot round with Molinari and counted over 120 parking spaces open on campus. Most of the open spots are in South Street Lot at the south end or in the Stafford day lot behind the library, places that take longer for students to get to.

"I have been selling the South Street Lot. It's the only completely camera-ed lot. No other lot has that safety and coverage," he explained.

While this year's incoming class was slightly larger than the past two years, Molinari also mentioned the 2013-2014 school year's large enrollment saying that we are not at that level and about the same percentage of first-year students have cars on campus as other years.

"We are tight, but nowhere near full," he added. "If we had to we could say no cars for first-year students, but we aren't at that point."

Although students have concerns about the rapid growth of the campus, administrators are adamant that there are plenty of options for expansion, even if growth on campus has reached its end.

"We are not going to outgrow ourselves!" Wolk confidently stated. "You can assure your friends. We will not outgrow ourselves."

The Break Beat Poets light up the stage

By Jimmy Britt
Castleton Spartan

On Wednesday Sept. 27, three of the poets and writers of the book "The Break Beat Poets" performed at Casella Theater. Each poet spoke about love, fear, life and change.

To some it may seem those themes are typical of a poetry performance.

But what makes Break Beats different and more enjoyable was the fact that their delivery wasn't "traditional." Each poem felt like a story that had a beat to it more than rhyming story.

To hear poetry in this manor was extremely refreshing. The Break Beat Poets definitely break down the stereotype that all poetry feels the same. During the performance you could clearly hear the influences of both hip-hop and literature being mashed together to create something beautiful.

Each poem was artfully done, but each poet had one poem that truly stood out from his or her set. It either made you think, tugged at your heart or just made you feel good inside.

Kevin Coval's poem "Crossover" delivered the powerful message that art will be art no matter how chaotic or cruel the world is. People will find a way to escape the real world even if it's just for a moment because art is always around us. There is a beauty in that.

Though Angel Nafis had a wonderful poem about how she killed a cockroach for her love and a ghazal about shea butter. Her poem about her father Abdul seemed to speak out the most. Hearing that her father continued to love Nafis' mother even her after death. Love will always be a strong connection no matter what.

Hearing Nate Marshall's poem about the friendship he had with the crew growing up hit hard. Marshall talked about the adventures you have together with your friends at a young age, but as you grow up and get older so do you friends. Because of this not only you but your friends change and you may drift apart. It's so true but yet out of fear we don't want to believe it.

Without a doubt The Break Beat Poets were truly one of the best events that the Soundings program has brought to our university. The audience had nothing but positive things to say.

"I thought it was really cool. I've never heard poetry like this, I'm used to line for line. I'm glad my girlfriend brought me," said Jason Bielecki.

"The poem about the cockroach made me laugh and tugged at my heartstrings," said Skyler Ambrose.

But students weren't the only ones who attended and enjoyed the program.

Professor Burnham Holmes enjoyed not only the performance but also the workshop that happened earlier that day because it got everyone writing and thinking.

"I like poetry, hip-hop and rap, it's good for me," said Holmes. "I liked the poetry and stories. It's what's going on and it's very important."

JIMMY BRITT / CASTLETON SPARTAN

Members of the Break Beat Poets perform for Castleton students on Sept. 27.

'Yoda' hut brings inspiration to students

By Drew Hersom
Castleton Spartan

Nestled away in a hidden clearing behind the Fine Arts Center, what looks like a huge clay igloo wears a fresh coat of blue paint. Piles of severed branches lay around the clearing and the patch of trees separating the space from the Rail Trail shows signs of path building.

Few students at Castleton University know about this area, but sophomores in the Creation & Creativity course have started calling the mysterious sculpture there the "Yoda hut." Few of them knew this thing existed before this semester, but they're now taking an active role in shaping its future. They've been ripping moss off of it and applying that paint for a whole class period once a week, bright and early at 9:30 in the morning.

This isn't the kind of classwork students are used to, but Creation & Creativity isn't the kind of course they're used to either. Professor Oliver Schemm, a sculptor who's been involved in dozens of art exhibitions using repurposed materials, is instructing the course. He has built quite a portfolio of creative pieces and wants to share some of his findings through a course he described as an exploration of the "creative and artistic aspect of creation."

Zach Wright, a sophomore taking the course, admitted he was surprised that the activity was mandatory classwork for an honors course. The work is closer to a community engagement activity – which is usually done by students on a volunteer basis.

"I expected it to be a lot of lecturing," Wright said.

He doesn't seem to mind that it isn't.

"Honestly, I'd rather be doing that in the morning than sitting in class and being tired or falling asleep," he said.

Repurposing this strange sculpture falls pretty close to the values expressed in Schemm's own artwork. When asked why the project appealed to him he said, "When I come to a place that I find has not been cared for in a long time, I have a desire to fix it up – to make it where it was, if not better. Just because something is old and used up doesn't mean that it's done."

Expert opinions discussed in class teach that creative thinking involves the personal repurposing of ideas into something new, interesting, and useful. The students might not have to think creatively to do their tasks, but Schemm has been clearly displaying creativity in class.

He isn't afraid to get his hands dirty with the class. He'll don full protective gear and use a chainsaw to remove particularly stubborn stumps, modeling "adaptability, problem solving, and the capacity to grab onto difficult problems," – values he's hoping the class will inherit.

What does it mean for these students if these behaviors and traits rub off on them? Schemm lit up when he heard the question.

"I find that to be an incredibly hopeful and promising thing," he said. "Then our species has hope."

As it turns out, the class's efforts could benefit future classes here at Castleton University too. Courses are being planned to make use of the unique structure and cleaned up grounds, Schemm said.

JAMIE YAGER/CASTLETON SPARTAN

Students in a class taught by art professor Oliver Schemm have be giving life to what they call the "Yoda" hut behind the Fine Arts Center.

Transgenders are humans, just like you

Continued from page 1

She does not suggest trying this method.

Instead she suggests informing people face-to-face and in smaller groups.

She had two major messages in her closing remarks. While some people claim that having transgender men and women around their children will confuse them, Wilhelm disagrees.

"Kids don't care about that kind of thing, it's adults who have the hang-ups," she stated.

The second was in reference to an issue that happens to us all every once in a while: saying the wrong thing. Wilhelm claimed that if you use the wrong pronoun when referring to a transgender person, just apologize and try to move on. Everyone makes mistakes and if you're making an effort, that matters far more than a slip of the tongue or a use of an incorrect pronoun.

Once, when speaking to a group about transgender issues, a member of the audience asked if they would now be forced to identify themselves as CIS-gender. Her response was that she didn't want to identify as transgender, and that if these labels were something she could turn off like a light switch she absolutely would.

However, she acknowledged that there are still challenges for transgender men and women. One of Wilhelm's largest concerns is that the closest therapist in the region who is trained to work with patients who have gender dysphonia was, and eight years later continues to be, in Albany. She claimed that while numerous therapists are willing to work with these individuals, they do not necessarily have specific training in this field. The issue only gets worse when it switches from mental to physical health.

Wilhelm claimed that to get gender reassignment surgery one would, at least, have to travel to Pennsylvania. While the state of New York, her home, requires that health insurance companies cover the costs of medical procedures for sexual reassignment surgeries, many companies have found a way to circumvent this requirement by contracting insurance providers outside of the state so they are not required to abide by state regulations.

This work-around can leave many transgender people on the hook for medical costs ranging from electrolysis to facial reconstructions.

The theme of Wilhelm's presentation was that being transgender is not a choice. It is not a lifestyle. She is who she is, and after years of hiding that fact, she is now proud of it. She, just like everyone else, is a human being and has every right to be who she is as a father, a husband, a teacher, and an artist.

PATRICK COTE-ABEL

Transgender woman, Teri Welhelm, speaks in Jeffords Hall.

CU students question Kaep's actions

By Taylor Peters
Castleton Contributer

Students around campus are infuriated by the man who is protesting the symbol of our country on live television. Colin Kaepernick has been protesting to raise awareness about racial inequality since the beginning of the 2016-2017 NFL season, but if you ask Castleton students, it's about time to find a different outlet for protesting.

Kaepernick started by sitting on the bench during the Star Spangled Banner but moved to kneeling during the national anthem in protest of racial injustices in America, especially when it comes to police. There have been over 400 shootings that killed black people and over 440 killings of minorities since 2015 in the United States by police, according to a study done by the Washington Post.

Kaepernick is protesting the national anthem because he is "not going to stand up to show pride in a flag in a country that oppresses black people and people of color," he said in an exclusive interview with NFL media. Others have also joined Kaepernick in protesting the national anthem, but nobody is catching as much heat as Kaepernick.

Some Castleton students don't agree with what Kaepernick is doing.

"I think that they shouldn't be allowed to play if they kneel during the national anthem," said Castleton University freshman Taylor Platts. "I get it, but don't come into a game and disrespect our country."

"It's rude and disrespectful to the people that have served our country," freshman Sabrena Cusson added.

But students are torn on this issue. Some said that they understand why Kaepernick and company are doing what they are doing but they do not agree with how they are doing it.

"I just think that there are better ways to support justice for African-Americans than by kneeling during the National Anthem, like, actually getting into communities and educating the community members about what's going on and what can be done to avoid it," said senior Jesse Bekefi, starting offensive lineman for Castleton's football team.

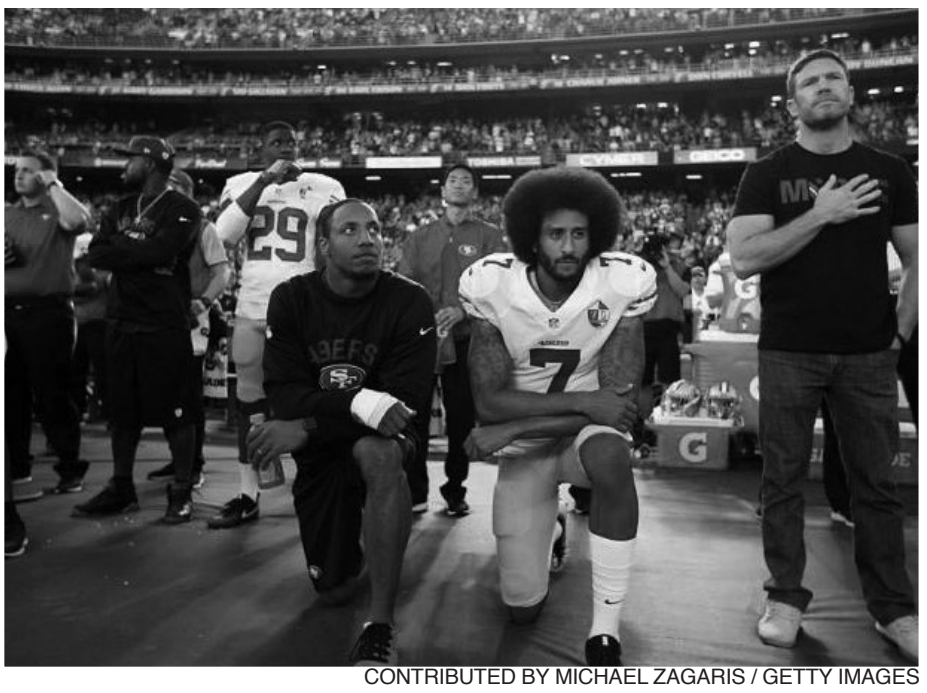
But others on the Football team have a different opinion.

"They (professional athletes) are using their spotlight to shine light on the subject, Black Lives Matter, because the government and world doesn't want us to see (the problem)." said Moe Harris, running back for the Spartans. "Kaep doesn't have anyrthing against America, or the flag, or white people in general. It's just the fact that white cops are shooting black people and walking away free. He just wants something to be done."

Harris also added that he holds his fist up during National Athem instead of taking a knee. He emphasizes his actions aren't out of disrespect but just to show support for the movement.

Junior football player Justin Nolan had a different response, one that deals with what veterans and those in the service may think of Kaepernick.

"He's (Kaepernick) choosing to not stand while others cannot stand because they lost limbs fighting for him to be able to play," he said.



CONTRIBUTED BY MICHAEL ZAGARIS / GETTY IMAGES

Colin Kaepernick kneels with teammate Eric Reid during the National Anthem before a game earlier this season.

Nolan also added he doesn't think that Kaepernick is really doing it for the reason that he claims he is.

"I think that it's to get attention. Kaepernick wasn't relevant at all until this," he said.

Other NFL players have been "protesting" the national anthem as well, but are doing it by standing and holding up a fist. Students interviewed said that's better than taking a knee, but it's still disrespectful.

"I still think it's inappropriate that you can't just stand respectfully," Bekefi said.

Oddly enough, Kaepernick's jersey sales have skyrocketed since he began protesting.

Fitness for the mind

MARCO LAM / CASTLETON SPARTAN

Members of the on-campus yoga class strike a pose in the Haskell wellness center Monday.

Eva Clark
Castleton Spartan

Tall, or short.
Heavy, or light.
Old, or young.

Regardless of your age or body type, evidence suggests you should try yoga.

"My favorite part of yoga is the fact that it's so individualized. You can go at your own pace, and you can take the practice as you want," said Kailey Stevens, a college student at University of Vermont and yoga enthusiast.

Castleton University senior Corey Brimmer took a one-credit yoga course instructed by Tammy Brown, and also has participated in the yoga classes on campus that are open to all faculty and students. He says that the meditation part of yoga is his favorite aspect of the practice.

"(It) definitely helps with my stress levels. Just the whole process of yoga itself helps you clear your mind and focus on the present moment, instead of all other things that are up in the air in your life," Brimmer said.

Published global researcher Doctor Lorenzo Cohen has extensively researched the health effects of yoga. He grew up around the practice, so he knows it from a personal perspective as well.

"A quintessential mind-body practice, yoga includes aspects of movement and stretching, a focus on controlled breathing techniques, and then, importantly, aspects of relaxation and mediation," Cohen said.

He says that "the practice of yoga will change how a person responds to stress." Stevens' yoga practice, which is part of her almost daily routine, is extremely beneficial for her in terms of stress relief, supporting Cohen's claim.

"It's not like an escape from my stress, because I still deal with what I have going on. It's more like I have time to absorb whatever stress I have going on in my life and accept that it's there," she said.

Former Castleton strength and conditioning coach Caroline Grosso agrees.

"What I've learned is it helps me deal with situations from a more logical standpoint," Grosso said.

Grosso has been doing yoga for about two years, and her favorite benefit is increased flexibility. She, Brimmer and Stevens each raved about how good their bodies feel after practicing.

"I immediately felt a difference. After my first class, I felt like a weight was lifted off of my shoulders. You have an hour to focus solely on yourself and the movements of your body," Grosso said.

"On days that I would go to a yoga class, I would feel a lot more loose and almost fluid on the field as opposed to stiff and rigid. It was a lot easier to get into the flow of practice," said Brimmer, a member of the Castleton football team.

"After about two weeks of going at least four times a week, I was amazed at the difference from when I first started going to the class to that point. It wasn't so much seeing changes in the mirror, but more in the poses, the changes I could see in my movement and flexibility, and moving in and out of poses," Stevens said.

Castleton physical education professor Lisa Pleban feels a similar sense of relief when she comes out of a yoga session. She says that flexibility improvement is her favorite benefit of yoga, as well.

"Flexibility and getting you to have more control of your body. It activates range of motion that you normally might not use," Pleban said.

Pleban uses yoga as a more challenging stretch after she exercises and, like Brimmer, she enjoys attending classes for the meditation aspect.

"It allows you to focus inside yourself, focus on your breathing and empty your mind. I think that's where stress relieving comes in," Pleban said.

She said she has learned poses through a class called "Yin Yoga," which takes place in a room that is set to 80 degrees and is considered a type of "hot yoga." The class is slow-paced with basic poses for beginners, and the instructor will often play calming, meditative music. Each pose is held for at least five minutes, aiding in not only flexibility but muscular endurance and strength, as well.

Professor Andy Weinberg, who also teaches physical education at Castleton, said "flexibility is one of the important components of fitness."

"Everybody who practices yoga on a regular basis is crazy about it. It's good for your mind, it's good for relaxation and it's also an incredible workout – the flexibility but also just the full-body toning," Weinberg said.

Cohen, who has researched yoga's health effects, found evidence to support other physical, mental and emotional benefits.

"A yoga practice can lead to lower systolic and diastolic blood pressure, a lower heart rate and improved insulin and glucose regulation," Cohen said.

Stevens said her yoga practice even helped with reducing her chronic migraines, which she attributed to either lower stress or tension levels in her body as a result of yoga.

"It can decrease anxiety and some claim that it decreases cholesterol, depending on the type of yoga that you do," added Ellie Goldense, a certified head athletic trainer at Castleton.

Like Pleban, Goldense will do yoga post-workout if she feels like she needs the extra stretching. Both women are in training for either full or half marathons.

"Because yoga is a sport where you're encouraged to breathe through stuff, it increases your cardiac benefits when you're participating in other traditional ways of increasing your heart rate. It teaches you how to control your breathing," Goldense said.

Those who choose to include yoga in their lifestyles say they become more aware of their mind and body's needs. Whether you're open to trying it or not, studies show that it could lead to a better you.

"Yoga not only helps people feel good or relax, but also helps them lead healthier, more fulfilling, and meaningful lives," Cohen said.

Q & A with captain Eva Clark

By Austin Crosier
Castleton Spartan

Senior Captain Eva Clark of Castleton women's soccer has four goals and three assists in 15 games for the Spartans and is a strong force in the Castleton midfield. Her team is currently four in the North Atlantic Conference, but looks to make a strong push into the playoffs, facing conference opponents in three out of the last four games.

Eva Clark

Q. First question is what is your major and plans after college?

A. My major is Communications and my minor is Advertising. I hope to take a trip and travel somewhere before I dive into the real world, but I'm going to apply for jobs in Burlington and Boston. I think I'll start off working in Burlington for a few years before I end up moving out-of-state. But who knows?

Q. Did you play or participate in any sports other than soccer in high school?

A. In high school I played soccer, basketball and I did track and field.

Q. How long have you been playing soccer?

A. I've been playing soccer since I was three or four.

Q. What are your goals for this season, coming off of a successful 2015 where you earned NAC All Conference First Team Honors?

A. Our team had a few goals set for this season, with the first step being making playoffs. But the major goal would be winning the NAC championship. Our class of seniors has never won it, and finally raising that plaque would be the best way to top off our careers. We also have the goal of winning NCAA games, but we've just been trying to take the season game-by-game and not get ahead of ourselves.

Q. What's it like scoring a goal?

A. Seeing a goal scored by your team, whether it's by you or a teammate, is one of the most satisfying feelings ever--it's an automatic energy-booster for the entire team.

Q. As a senior you are considered a leader of the team, especially to the younger players. How does it feel to be someone that everyone looks up to for advice on and off the field?

A. It's awesome being a person that the team looks up to and it's important to take that role seriously. You want your teammates to feel like they always have someone they can depend on here at college.

Q. Who is your role model and why?

A. I'd definitely say that my role models are my parents. Their work ethics are tremendous and I'm very lucky that I can always count on them for anything--advice, support, constructive criticism. This is so sappy but I really don't know who I'd be without them.

Q. Who is your favorite professional athlete?

A. I have a bunch of favorite professional athletes, current and former...it's impossible to pick just one...but the list includes Mia Hamm, Alex Morgan, Lauren Holiday, Lionel Messi, John LeClair, Michael Jordan and Kobe Bryant.

Q. What do you enjoy doing in your free time?

A. Free time isn't really a thing when you're in season. But in the off season or in the summers I love spending quality time with my friends and family, being outside, and reading good books. I'm also excited to start going to the yoga classes on campus and to free skate/stick and puck in Rutland.

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Middlebury handles Castleton, 4-1

By: Dylan Blowers
Castleton Spartan

Middlebury College took a shot, then another, and then another, scoring 4 times en route to a 4-1 win over Castleton University in its non-conference match-up last night. The large difference in shots on goal was the major factor for Middlebury's domination. Castleton took only four while Middlebury took thirteen.

The game stayed dead even for the first 20 minutes, as both teams played conservatively looking for an opening. In the 25th minute the Panthers were the first on the board, Drew Goulart broke the scoreless deadlock when he put the ball past Spartan goalkeeper Aaron Parker for his first career goal.

The score stayed 1-0 until a minute remaining in the half, when Adam Glaser sent a shot from deep to put the Panthers up 2-0 headed into the half. With that goal, Glaser became his school's career leading points scorer with 32 goals and 29 assists.

But Glaser would add to his record. A through ball from Goulart found his foot and he was able to send it past Parker from six yards out in the 65th minute to give the Panthers a controlling 3-0 lead.

This seemed to light a fire under the Spartan offense. Jack Kingdon would send a through ball to Dallas Desroches three minutes later, who would put the ball past Middlebury keeper Greg Sydor to make the score 3-1.

Parker had nine saves in goal for Castleton while Sydor had 3 saves.

"I think we did (be aggressive) a little bit, but I also think part of it was because Middlebury got complacent a little bit. They are a very good team, but I have to hand it to my guys. They were more precise, I will say that," said Spartan Head Coach John O'Connor when asked about his team's second half offensive aggressiveness.

Tom Bean would end the scoring in the 86th minute, after he put in a corner kick from Jed Sass.

Castleton falls to 4-7-2 on the season and will take on Husson in a conference match next Saturday.

Middlebury improves to 7-1-3

COURTESY OF CASTLETONSPORTS.COM

Jack Kingdon and Fidele Rutasyire make a play on a ball in a game against Thomas earlier this year.

Eagles fly away with win

John Smith paced the Eagles offense en route to a 43-21 win.

WILL CHMIELEWSKI / CASTLETON SPARTAN

Mitchell Caron drops back for a pass while facing pressure from the Eagles defense in the game last Saturday.

By Jordan Lumsden
Castleton Spartan

A dominant rushing attack led by Husson's John Smith paced the Eagles past the Castleton Spartans, 43-21, in their Eastern Collegiate Football Conference game last Saturday at Spartan Stadium.

Husson was able to grab sole possession of first place in the conference on the back of Smith, who racked up 198 yards on 31 carries and one touchdown. Robenson Saintard powered home two touchdowns on four carries for seven yards while Obie Christmas also rushed for 91 yards on 14 carries to take the workload away from Smith.

Moe Harris recorded just 20 yards on 10 carries for the Spartans against a punishing run defense. Mitchell Caron went 12-31 for 107 yards passing and two touchdowns while also throwing an interception.

Soren Pelz-Walsh was the top receiver from the Spartans tallying 53 yards on three catches, two of them going for touchdowns. Ryan Barry had 48 yards on three catches while Makai Hawkins caught four passes for just six yards.

Husson quarterback Cory Brandon threw for 178 yards and went 11-20 on pass attempts with a touchdown and two interceptions, evenly spreading the ball around to his receivers.

Kadeem Edge was the top wide out for the Eagles going for 89 yards on two catches and one touchdown. Andre Miller and Saintard both had two catches apiece, Miller for 35 yards and Saintard for 25 yards while Deon Wiggins added three catches for 24 yards.

Smith's day was highlighted by 47-yard run that he took to the house on the games opening drive.

"Man, the O-line, they blocked great from the start of the game. They made my job a lot easier today and holes were just opening and I was just getting the ball and running," Smith said.

It took 80 seconds, three plays and one monster run by Smith for the Eagles to march 67 yards down the field and take an early 7-0 lead.

The teams would trade scores making it a 14-7 less than five minutes into the first quarter.

"Their running back, John Smith, he's a good player and we had a little trouble containing him. They had run the ball (throughout the game) and that kind of opened up the pass game a little bit," said Joe DeAlesandro. "Our defense was kind of focused around stopping him and his big run plays."

Late in the second quarter, Caron bobbled his fourth snap of the half and was brought down in his own end zone by a number of Husson pass rushers.

"This is Sam's first game back in a little bit so nerves were probably a factor," said Caron on center Sam Lewis. "Just a little miscommunication and misdirection with the snaps a little bit,"

Husson would end the first half with a 23-14 lead.

The Eagles would come out of the half and pick up right where they left off scoring the next two touchdowns and held a controlling 36-14 lead.

"They played a lot of man coverage and they're very physical against the run and we just didn't match up well in that regard," said Spartan coach Tony Volpone.

But the Spartans got hope late in the third quarter following a Caron to Pelz-Walsh touchdown pass. Pelz-Walsh beat his man on the fade route and Caron was able to float a 26-yard pass to the back right corner of the end zone.

"We fought hard. It was dog fight, we just came up a little bit short," Caron said.

Husson improves to 3-0 in ECFC play and 5-1 overall.

The Spartans fall to 2-1 in the ECFC and are 2-4 overall. They host SUNY Maritime for their senior day game on Oct. 22.

Sports through pictures

COURTESY OF CASTLETONSPORTS.COM

Lauren Wilson, left, returns a ball in the game earlier this season. The Spartans are 7-10 on the season and 1-3 in North Atlantic Conference play. Sarah Wells, right, strikes the ball in a game earlier this year. The Spartans are 6-10 on the season and are 2-2 in NAC play.

Sports Talk with Dylan Blowers

It's five weeks into the new NFL season; Peyton Manning is on his couch, Tom Brady just came back from *his* couch and the Cleveland Browns are horrible. But does that last part surprise anyone?

Most Surprisingly (Good) Team

This is a no brainer, the Minnesota Vikings. After losing your rising star at quarterback in the preseason and then your perennial superstar early on and still being the league's only undefeated team? Led by the league's best defense (12.6 points allowed per game), and Sam Bradford, (yes, THAT Sam Bradford), the Vikings may be the best team in the league.

Most Surprisingly (Bad) Team

I could easily take the easy way out again and choose the lowest hanging fruit here. The Cardinals and Panthers have both struggled mightily this season. Instead, I'm going to pick a team that was supposed to break out this year but still hasn't. The Jacksonville Jaguars are 1-3 and are come their bye week and faced Chicago this week – with the way they have been playing, the Jags better hope Jay Cutler is under center for the Bears.

Rookie of the Year

This may be the hardest category to choose one. With Tony Romo injured, (like Cleveland, is this surprising?), Dak Prescott has led the Cowboys to 4-1. But he's not the only rookie flashing his stuff in the Big D. Ezekiel Elliot is leading the NFL in rushing yards with 546. The Eagles sit half a game back of the Cowboys, led by their own rookie quarterback in Carson Wentz. Ask me tomorrow and I may give a different answer, but at this moment I'm taking Elliot.

Coach of the Year

Bill Belichick is a man who is always in the conversation for this award. This year, at least so far, may be one of his more deserving years. Forced to put Jimmy Garapollo and Jacoby Brissett under center for the first four weeks, the Patriots are still 4-1. Watch out Rex Ryan; Brady will be under center week 8, and will not be happy. Plot twist however, I am choosing Doug Pederson of the Eagles. 3-1 as a rookie head coach with a rookie quarterback makes him quite deserving.

Most Valuable Player

Another very tough category. This award usually goes to the quarterback of the best team. I can't give it to Brady, however, for just one week against the Browns – I could probably put on some pads and tear up their defense. And Bradford doesn't exactly have the stats to back him up. I am tempted to choose Elliot, but he has a great line to run behind. To me, it comes down to Ben Roethlisberger and Matt Ryan. Both are quarterbacks of 4-1 teams with explosive offenses. Both are aided by a good backfield and a star receiver. But Big Ben's chances are now over due to a season ending knee injury.

I am personally keeping an eye on if Odell Beckham catches more touchdown passes than he does field goal nets to the head. Allen Robinson and Todd Gurley, will you please stop being so inconsistent fantasy wise?! Or at least give me a call so I know to set my teams accordingly? Nowadays, I look forward to seeing Antonio Brown score just to see his dance. And Tim Tebow? Expect a call from the Browns.

Castleton Spartan

CASTLETON UNIVERSITY'S STUDENT NEWSPAPER

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Herrick Hall's debate party

By Briana Bocelli
Castleton Spartan

Cheers and jeers echoed throughout Herrick Auditorium Wednesday night during the final presidential debate as people reacted to Donald Trump's controversial comment about rounding up all of the "hombres."

It was a busy night for the country, as well as members of Sanjukta Ghosh's Social Action and Political Activism class, who hosted a debate pizza party in Herrick Hall for anyone who wished to attend.

"They can come and watch the debate not alone, but with company, and also understand what the issues are, that was the main goal ... but the other goal was for my own students to learn how to organize an event, to get excited about an event, and the different issues that are involved," said Ghosh, head organizer of the event.

About 50 students attended the event, crushing Ghosh's estimation of about 30.

"We worked really hard on the newsletter and we definitely got a better turnout then we expected, so that's really nice," said Matt Zitwer, a member of the class, and senior communication major.

"It's always a good sign when you have more people than you have the food for. That's a sign of a good event," added Ghosh.

The debate party kicked off with an exciting and entertaining trivia game to engage the crowd in political thought. Questions like 'How many of Trumps' businesses have failed?' were asked. There were even prizes like water bottles and lanyards handed out to those who participated and answered correctly.

Within the first few minutes, of the debate, people had already found humor in the situation and were having a genuinely good time.

While a few people agreed with Trump on some matters, like when he made the claim that Clinton would never win the presidency, the room as a whole mainly agreed with Clinton's ideas and what she had to say.

"Trump has been on the downslope. All Hillary has to do is not say anything stupid and she should be home free," said Kinyenje Ngigi, a sophomore sports administration major, who is also a member of Ghosh's class.

A lot of the audience members plainly disagreed with Trump throughout the night. People blurted out "he's sick," "that's crazy!" and "look at his tiny hands!" One very passionate professor in the crowd even roared, "that's bullshit!" to a claim that Trump had made. Although there were many comments and opinions being made, people remained respectful of others' beliefs and political views. Matters such as immigration, gun control, and women's rights were the hot topics of the night.

Trump made a rather bold statement during the debate, claiming that "Hillary fought for the wall, she wanted to fight for the wall!" This lead to a mini-debate among the crowd, as people were either shocked, or found humor in his words.

Mary Franks, a freshman English minor, was very vocal about her opinions as the debate was taking place. When asked who she thought won the debate, Franks responded rather quickly.

"Hillary Clinton won because she was backed by facts and what she was saying was relevant to the conversation and relevant to the country.

"I just hope that whatever happens, our country is okay," Franks said.

CU students cross a blurry line

By Jadie Dow
Castleton Spartan

Editor's note: Some names in this story have been changed to protect the identities of those interviewed.

When Dana realized she couldn't stop her ex-boyfriend from doing drugs, she did them with him.

Morphine. Oxycodone. Codeine. Vicodin. Buprenorphine. Ecstasy. Molly. Marijuana. Cocaine. Mushrooms. Alcohol.

She snorted Molly off a bathroom counter, went to a party where she proceeded to drink ten beers, and the rest of the night was a blur.

One night, she took Molly, smoked pot and drank alcohol. The night ended with her friend's fingers down her throat to make her throw up.

For four years, Dana allowed herself to make these decisions.

"Every time I've mixed alcohol and drugs, I never thought about the repercussions, but to be honest I've never really cared either. I don't think I'm invincible in any way, shape, or form. I'm a very impulsive person and I guess I take risks, even if it means my life is at risk," Dana said.

According to Greg Engel, a psychology professor who teaches a course called "Drugs and Behavior," it's normal for people under 30 to take risks.

A lot of research shows that before the frontal cortex – the part of the brain responsible for making decisions and thinking through things – is fully developed, people are not fully capable of making rational decisions, according to Engel.

"There are two ways I think it traditionally goes when people mix substances. A lot of the time, these drug combinations might be to try and counteract some of what are perceived as the negative side effects of the drugs," said Engel. "But I think the other way it can go is trying to just get even deeper. Taking drugs in combinations to try and enhance the high or the perceived valuable effect of the drug,"

Brad tried cocaine for the first time early in college. He went to a party with his friend, and they were offered a line. Brad did not expect to wake up in the parking lot a few hours later, keys in the ignition of his truck with a bag of beer in the passenger seat.

Since then, Brad has done cocaine a few times, but never sober.

PHOTO ILLUSTRATION BY JADIE DOW

"My sober brain doesn't do cocaine," Brad said.

Engel is not surprised by this.

"Along with the not fully developed frontal cortex, alcohol impairs decision making as well," Engel said.

Though there are countless scary stories about mixing drugs and alcohol, not everyone has had something bad happen.

When Kourtney was a freshman, she tried cocaine for the first time. She smokes marijuana while drinking regularly, and doesn't see any harm in mixing them if she is in a safe environment.

"It takes a lot of drugs to make something terrible happen, and I don't do it often enough to need a lot in order to feel it. I'm not addicted to it," Kourtney said.

See Invincible on page 6

Pink in the streets

By William Chmielewski
Castleton Spartan

A sea of pink filled the Castleton University Pavilion as people gathered for the beginning of the "Making Strides Against Breast Cancer" annual walk. On this day, the American Cancer Society brought together an event of survivors of breast cancer, their friends and family, and those who wanted to support bringing awareness to breast cancer and working to find a cure.

David Carmichael, a member of the American cancer society, and one over seeing the event, marveled at the number of people who came to the event.

"If you were at the event today at the start 11 o'clock a few folks coming in, 11:30 a few more, but by the time the walk was happening, this facility was just packed," Carmichael said.

The event started with registration and some activities for those who were there at 11:00. The day's walk began at 12:30 with the opening ceremonies and the recognition of those who are breast cancer survivors. During this time, those who survived breast cancer were asked to come forward to be recognized and presented with a pink pin carnation.

There was true emotion and many tears shed as the MC read off how many years people had survived. Starting at up to one year, then five, ten, fifteen, twenty, twenty-five, and above that. During the calling of the survivors, Carmichael stood amazed seeing the survivors coming forward.

"When I saw the first under a year survivors coming in you saw five, six, seven that's quite a few. Then you see the tens and fifteens and it is just wow, and that with the band the Pitch Bender playing "Over the Rainbow" as survivors are lining up, you couldn't help by get a little teary eyed, because this is what it is about," Carmichael said.

All who attended and participated in this event have a different reason for being there. Some are there because they are a breast cancer survivor, family or friends there to support those who have been going through breast cancer, and there are others there walking for someone they have lost to breast cancer.

JAMIE YAGER / CASTLETON SPARTAN

Members of the "Hillary's Hooters" team walk in the Strides Against Breast Cancer walk, top. Susan Ahearn, bottom right, pins Cheryl Gosselin, a 30 year survivor.

One walker, Sherry Lemay, does this event because she wants to make a difference.

"To help! I have two sisters who've got breast cancer, so far they are both surviving right now. I had brain cancer 10 years ago and lung cancer 9 years ago so I am all for cancer research, breast or otherwise," Lemay said.

At the end of the day, those who did the walk had walked over four miles. There were over 400 people who participated in the event and after it was all said and done, they had raised over $50,000 to help raise awareness and find a cure for breast cancer. Carmichael tells of how it is a foundation like the American Cancer Society and events like the Making Strides walk, that give people hope.

"When you feel helpless, and organization this and an event like this, gives us all a chance to feel like we can make a difference and are making a difference, and clearly you see it in the faces of the survivors," Carmichael said.

SGA proposing new disc golf course

By Lindsey Reno and Jenna Goldsnider
Castleton Spartan

The Student Government Association is looking to build an estimated $20,000 18-hole disc golf course at Castleton University this coming spring, using leftover student activity fee funds from previous years.

Some students, however, question the large price tag on this project that the Student Government Association proposes.

"I don't know what the point of that would be, like it's not a good selling point, nobody's going to use it, it's super expensive, we could use the money better… significantly better," said Castleton student Ana Haytko.

Cconstruction of the course is being contracted out since Castleton Facilities workers are already overtaxed with their current responsibilities, Director of Student Activities Matt Patry said.

"The quote that we currently have calls for more sustainable resources which increases the price," said Student Activities Graduate Assistant Mariah O'Hara.

The money for this project is made up of leftover money from previous years dedicated to physical capital investment for the college, SGA President Tyler Anderson said. The most recent project financially supported from this fund was the bus stop located at the back of the Campus Center.

"The only large cost is the first one, since maintenance of the course over time is very simple," Patry said.

When some students were asked about this project they were surprised that the SGA would not have polled students first. However, SGA officials said this idea did not start out as an internal decision by the board. It was first brought to Patry by a group of students last year, they said.

"I had no idea that they were spending this much money or thinking about putting this much money into a disc golf course," said Castleton student Isaiah Lamos

But disc golf has grown in popularity recently and will enable the college to use the campus in a very different way. As a university in scenic Vermont, conserving and fostering the natural beauty of the campus is of the utmost importance, SGA officials said.

"Disc golf uses the land to the advantage of the

CONTRIBUTED BY JENNA GOLDSNIDER

game," Anderson said.

Castleton is the only VSC school without a disc golf course. SGA leaders see the course as being an improvement to the campus and another way to build a stronger relationship with the community. Use of the course will be free to anyone who wants to play.

The course, planned for land on and around the athletic fields, is still in the beginning stages with many logistical obstacles to sort through before the course will be started, Patry said.

Where's the Castleton way?

By Jadie Dow
Castleton Spartan

A lunch time rush filled the Coffee Cottage. People were packed in, trying to maneuver between tables to get their own space.

For Ashlee Brady- Kelly, that is more wdifficult. She is in a wheelchair, so it's harder to get through crowds. This past week, someone made it more difficult for her.

"Can't you go somewhere else? You're taking up too much space."

Ashlee stood up for herself, saying that she has just as much of a right to be there as anyone else.

When journalism students are taught how to write, we are advised to avoid swearing unless it is completely necessary. That being said, I have one thing to say.

What the fuck.

Before I came to school here, I took a tour. I remember it being highlighted that everyone was nice. That when you go down the sidewalk, you can say hello to anyone and be greeted with a smile. Everyone holds the door open for everyone else, and it's safe to leave your things unattended.

After learning about this incident, I am appalled.

The workers in the Coffee Cottage were shocked about this after Ashlee told them what happened because Castleton is supposed to be a safe place.

I was too.

This is not acceptable anywhere. In the real world, you won't get very far if you're like that. Celebrating other people's differences is how we make friends.

Apparently, this isn't the first time something like this has happened to Ashlee.

According to the ladies at the Coffee Cottage, last year she got stuck in a snow bank on campus. People walked by her without helping, and she had to call Public Safety to get her out.

She barely left her room for two weeks after that.

Since Ashlee does not live on the first floor, she has to use the elevator in Hoff to get to her room. Last year, students repeatedly put furniture in there, making it impossible for her to use it. When she took it out, she was met with someone calling her a bitch, according to a friend of hers.

What happened to being decent? How hard is it to take a few extra minutes out of your day to help someone who is struggling?

I hope the people who have treated her this way are reading this, because I have something to say to them.

Subjecting others to this type of intolerance is simply not okay. Why don't you take a step back, look at yourself, and ask, do you really want to be the type of person to make someone else's day worse?

Karma is a very real thing. Remember that next time you need an extra foot of room during lunch.

It's not an invitation

What I wear and what I drink doesn't matter

By Shannon Fischer
Castleton Spartan

She tipped back the whiskey from her beaten-down green water bottle and then turned back to the conversation she was having with her friend.

A random college boy came up to her and ripped her gray low cut shirt off at his convenience. Her mouth hung open in surprise as she gained her composure and adjusted her shirt.

Her low cut shirt wasn't an invitation for his vulgar behavior. As if this situation didn't already leave her feeling cheap, the night before she was groped unwillingly.

Women have been depicted to dress and act prim and proper. The dress codes that females spent their whole life slaving to are irrelevant in college, which is exciting when you've spent countless years wearing shirts that go up to your neck and skirts that rest past your knees.

I had a conversation with your typical "college boy" and the ignorant and disgusting words he was spewing toward females and what they choose to put on their bodies was completely and utterly ridiculous.

In his perspective if a female dresses "scandalous" then it's an open invitation for a guy to touch her inappropriately. After his uneducated ramble, I looked him in the face and asked one simple question.

"So If I was raped because I chose to dress a certain way then that's my fault?"

His answer sends chills down my spine.

"Yes," he replied.

Well in my perspective I don't know how any sane human being can lack such empathy when it comes to sexual assault and rape. The way a women dresses is NOT an excuse or an invitation to touch her.

We need to stop assuming how many partners a woman has had or how promiscuous she is based on how she dresses.

Senior Catherine Twing has had experiences with her attire and how males have treated her.

"It is possible that they are taking the way you are dressed as an indication that you are looking for something, but it doesn't give them the right to just touch you," she said, "I also had an experience where I was wearing a sweater, jeans, and a scarf and a guy tried putting his hand up my shirt. So it doesn't all depend on what you wear," Twing said.

Junior Emily Clark also shared her experiences.

"I've worn leggings and jeans and had guys grope me. I've been to clubs and concerts and had guys grab my ass and then start snickering," Clark said.

From a woman's perspective, this type of behavior from males is unsettling. We shouldn't have to avoid wearing that short dress or the top that shows off our cleavage because it might provoke guys.

I should be able to go out on the weekends and drink with my girlfriends without someone touching me without my consent.

Maybe boys will just keep being boys but I refuse to shelter my body and myself because it might "provoke them." I hope we see a change in how women are treated no matter what they're wearing.

A tale of two rallies

By Megan Barrett
Spartan contributor

Since we are in one of the most contentious elections in history, I believe it's important to be as informed of all sides as possible. Because of this, I jump at any chance to be part of political events. I've had the opportunity to attend a Bernie rally in Vermont, and a Trump rally in New Hampshire. One thing that struck me most was how incredibly passionate the people at these events were for their candidates.

When I went to the Bernie rally the primary elections hadn't taken place yet, so the Bernie fever was at an all-time high. Everyone there was excited, wearing a Bernie shirt or sporting a button, and chatting about the 'political revolution'. The majority of the people around me were young, with hope in their hearts and change on their minds. Even though it was bitterly cold and we all stood outside for hours, spirits were high and attitudes were pleasant. There were drum circles being formed, people using hula hoops, and a man even had an eight foot paper-mache hand giving out high fives. Once finally inside, the energy in the room became even higher. Ben Cohen from Ben & Jerry's spoke, Ben Folds played some music, and finally Bernie took the stage. As he spoke, the rally goers were mesmerized, there were spontaneous chants that popped up but overall the arena was quiet, people hanging on his every word.

The Trump rally I attended on October 28, 2016 in New Hampshire was no less excitable. The people wore elaborate costumes such as full American flag suits or tongue-in-cheek shirts supporting Trump or taking jabs at Hillary. The median age of the group was higher than at Bernie's, however I did see some people my own age. Everyone there was kind and pleasant to talk with. I quickly and easily made friends with the people around me. The crowd overall was louder for Trump, consistently interrupting him to chant his name, or yell out support. His opening acts were far less dazzling, but full of information for voters. Even through the long periods of waiting and the less than exciting openers, his crowd never lost their enthusiasm.

What struck me the most about attending these two events was how similar the people attending were. While they may not agree on policy or on their ideals, they share one important thing in common: they were beyond passionate for what they believe is the right choice, and they have an undying love for their respective candidates. So maybe instead of only thinking of ourselves as completely divided, we can see ourselves as a tad bit united in our passion for our respective candidates. Just maybe.

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Castleton Spartan
CASTLETON STATE COLLEGE'S STUDENT NEWSPAPER

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Summit inspires young professionals

PHOTO CONTRIBUTED BY ELISABETH WALLER

Attendees of the Vermont Young Professionals Summit chat with U.S. Rep. Peter Welsh.

By Patrick Cote-Abel
Castleton Spartan

Heather Robertson was blown away at the resourcefulness and community-minded-spirit of the fellow motorist.

The organizer of the 2016 Vermont Young Professionals Summit told the packed Paramount Theater that she and her partner, Castleton University communication Professor Michael Talbott, were driving down a rural road on one of their first days in Vermont when they came upon a tree that had fallen in the road.

They came to a stop, and decided to turn around. However, the person who was driving the car behind them got out of their car, and began to move the tree from the road. She was blown away by this simple act, claiming that everywhere she had lived before, there was a pervasive attitude that someone else will solve the problems facing the people who live there.

"It's that spirit that makes Vermont amazing," said Robertson, who moved to Vermont from Los Angeles .

Before her introduction, after registration closed and all of the free coffee had been guzzled down, the crowd of Vermonters was ushered into the theater. Soon attendees were told that by showing the same character traits as the motorist that Robertson met, they would be able to solve problems facing Vermont in the future.

Some of the problems discussed included a lack of employees to fill new jobs over the next 10 years, a need for the revitalization of communities across the state, and how to combat the high cost of living in the state.

Congressman Peter Welch was then welcomed to the stage and reiterated the message Robertson had explained through her story.

Welch told the audience that solutions to Vermont's problems may not come easy, but with ingenuity and by working together "there is no challenge that Vermonters will not be ready to meet."

Over the course of the day, the summit hosted eight breakout sessions organized into two different time slots all over Downtown Rutland. These sessions took place at Castleton Downtown, the Rutland Free Library, Green Mountain Power's Energy Innovation Center and the Paramount Theater.

This format was a change from the previous year, where all of the attendees remained in the theater and worked in small groups.

Emma Blaiklock, Castleton University Student Government Association's vice president of Community Relations, said the summit was well worth attending for Castleton students.

"This event is an amazing opportunity for young professionals around the state to come to Rutland and network as well as begin brainstorming for implementing change for our amazing state," she said.

See Students on page 6

It will change you

Study abroad gives students a life-changing learning experience

By Alex Brownell
Spartan Contributor

Sit back in your chair, close your eyes, and picture a place that you have always wanted to venture to. Maybe it's exploring the busy streets of Greece or riding elephants in Thailand.

Most people may not think past their brief daydreaming of studying abroad, but maybe they should.

Health science major Brittany Winter talked about how studying abroad had a huge impact on her life.

"I think it teaches you a lot about yourself and what you value. It really makes you open your eyes to how other people live. You get a better understanding of different cultures around the world," she said.

Winter went to Barcelona this summer through the Center for International Studies and she talked about how she made this decision about the destination almost on the fly**,** but made sure she was going to go somewhere.

"Do everything you possible can to try and make it work if it is something that you are interested in so that you don't end up regretting it after. Yes you can definitely travel when you are older, but this is when you are going to be the most carefree in your life," she said.

And there are alternatives to studying abroad. You don't necessarily have to leave this country to throw yourself in a different culture.

Anthropology professor Paul Derby and former Castleton arts professor Liza Myers teamed up to created a Semester in the American Southwest back in 2010. This was a trip to get students in a different culture and deepen their knowledge about anthropology and the arts in the southwest.

"The reason I decided to do it is because when I was an undergraduate**,** there was this trip to the American Southwest. I knew nothing about this. I was not an anthropology major**,** but it sounded fun and I did it and I was blown away," Derby said.

"I didn't know any of that stuff existed out there. We went to Chaco Canyon, Mesa Verde, etcetera, back in 1988 and it was awesome. When the idea came around here to do that**,** I thought that I would really like to give back because it had such an impression on me. It really helped shape my career," he said.

Studying abroad offers a different approach on how you're receiving your education. It forces you to test your limits and to put your knowledge to the test.

Spanish and communication major Carly Trombley traveled to Spain in the fall semester of 2015. She was looking for an experience to help enhance her Spanish. She studied at The University of Malaga, where she was practicing her Spanish seven hours a day.

"There were a lot of things that we had to do on our own. We had to go to the bus station and converse with the people who were there. Tell them who we were and, what company we were with, how long we were going to be there all in Spanish in order to get our bus passes to get to the city and back home, wherever we were going," Trombley said.

"I would say that by the end of it I was able to find my way around the city, ask questions if needed, and hold a conversation with a Spanish speaking person. Which I was pretty happy about," she said.

In an opinion piece in *The New York Times,* international educators Allan Goodman and Stacie Berdan wrote, "Making study abroad a part of their education is the most effective and accessible means for students to develop needed skills because it pushes a student to get out of her comfort zone to experience another culture, language, environment and education system. It teaches students to appreciate difference and diversity firsthand, and enables them to recognize - and then dismiss – stereotypes they may have held about people they had never met, said

Those who have studied abroad said there is nothing more satisfying then doing something that is completely out of your element. Life is about experiencing a new place and meeting different people. Former Castleton student Maggie Rodgers decided to travel to the southwest in 2014 because she was looking to gain a different experience.

CONTRIBUTED BY ALEX BROWNELL

Senior Brittany Winter poses in Capri, Italy where she studied abroad. Castleton offers study abroad opportunities to students of all majors.

"I wanted an experience that a traditional classroom couldn't offer me," she said.

As an education major**,** she wanted to broaden her knowledge on what it was like to be in school without physically being on a college campus. Even after two years, this trip is still relevant in her education and in her roll as a student teacher.

"When the students at the high school talk to me about the places they want to go, I always talk about my trip to the Southwest. I tell them that it is very possible to be able to travel the world and get your education at the same time. You just have to find what it is that you're looking for," she said.

While some people don't take the plunge to study abroad**,** others can't keep themselves away. Former Castleton student Emily Haley went on the Southwest trip two years in a row.

"I wanted to deepen my understanding so that I could share it with others," she said. "I'm just the biggest fan of experiential learning."

Haley talked about how experiential learning is the best way to learn. As a student, you are really able to dig deep in what you are trying to learn. You aren't just reading about something, you are living it**,** she said.

Being apart of an experience like studying abroad, or somewhere that isn't your college campus is something that people shouldn't push away and save for another time.

"If you're trying to learn a language then absolutely. But even if you're not, you can take classes that are related to your major in another country. And to me I feel like that is such an experience that you shouldn't give up," Trombley said.

Got milk? Castleton finally does again

By Jaime Nolan and Alex Brownell
Castleton Spartan

Castleton University senior Aminah Orogi, awoke on a recent Thursday morning with a craving for chocolate milk. She left her residence building and headed to the Coffee Cottage, her go-to breakfast place.

But she was appalled by what she saw.

No chocolate milk. No white milk, no strawberry milk, no half and half – no milk at all.

"I was really frustrated. I was told Huden and Fireside didn't have chocolate milk either. I wasn't mad, just disappointed," Orogi said in an interview later that week.

According to Theresa Phelix, Coffee Cottage supervisor, Thomas Dairy is a local Vermont vendor that has provided Castleton with milk "since the beginning." Until the fall semester of 2016, Thomas would deliver the products directly to the campus without a third party.

In August of 2016, they decided to contract with Black River Produce, meaning Thomas would deliver the products to Black River, and Black River would ship them to Castleton along with the other Vermont State Colleges.

Phelix suspected that the head of Thomas Dairy was looking to retire and have his family take over and wanted to establish a business deal with Black River that would help everyone.

Not only was the third party a complication for delivery, but the prices also went up 50 cents per unit, although Castleton did not raise prices for students.

But the reason for the change wasn't about a Thomas family members retiring. It was actually an effort from Phelix's employer.

According to Abby Thomas from Thomas Dairy, they were unaware there were any complications. Sodexo, which handles food services at Castleton, had originally gone to them to see if Thomas could deliver to Black River and Black River would then deliver to the university with other food the college buys.

"Sodexo wanted to follow the 20/20 real food challenge and "decrease their carbon footprint," Thomas said.

She went on to explain that Black River is a great partner of Thomas Dairy and the situation just didn't work out for Castleton.

"I think they (Black River) are struggling with space to store the product. And we have to order it almost 10 days in advance, and when it comes in they don't have any in stock," Phelix said.

She later went on to explain how one day they delivered $300 worth of milk on a Saturday (when Coffee Cottage is closed), and because it was not stored at the proper temperature, they were unable to sell the milk.

After losing sales from Castleton, Thomas has decided to go back to their original plan. Starting next week they will be delivering the milk themselves instead of using a third party.

PHOTO CONTRIBUTED BY ALEX BROWNELL

The milk cooler at the Coffee Cottage on campus has been re-stocked with all flavors of milk.

"A lack of milk, especially chocolate, was a big problem campus wide," said Amanda Rollins, a long-time dining facilities employee.

Phelix also explained that it wasn't just milk. Other dairy and local products such as yogurt and the Woodstock Bars have been out of stock because of this complication. The employees hope that going back to the old way will fix this problem.

A call to Black River Produce went unreturned.

Library releases 24-hour research tools

By Briana Bocelli & Taylor Palmer
Castleton Spartan

One day remains before the big research paper is due, and you're stressing out about the three references that you're missing – and it's 1 a.m.

These days at Castleton University, there's no need to worry any more because the library just added some very helpful tools on its website to ensure your success any time of the day.

New features like Castleton OneSearch and 24/7 live chat references are now available directly on the library's website for any kind of project, paper, or just for casual reading.

"We just added a couple new things here. We added Castleton OneSearch. In one search box you can search all of the library's subscription materials, just like you search Google for all the free materials," said Charlotte Gerstein, reference and instruction librarian at Castleton. "And you can kind of adjust your search to what you're looking for once you get your results."

Ashlee Kelly, junior double major in sociology and social work, loves using Castleton OneSearch for all of her research papers and projects.

"I used OneSearch over the course of three weeks for my research methods class, and it made my life a hell of a life easier, because it made it easy for me to access data that I wouldn't have otherwise had my hands on," she said. "It made research methods and the concept of looking things up so much easier, and I'm glad we have it."

And if that doesn't get you what you need, there's the new 24/7 chat reference to access librarian help whenever you need it, Gerstein said.

"We used to just offer it when we were open, but now we've worked with a cooperative of other librarians so we can offer it 24/7 and can be found on the library's website," she said.

Although the library offers helpful tools for studying at home, it still offers a comfortable work environment as well. There are tons of quiet rooms, conference rooms, seating areas (with really comfortable couches!) and desks throughout the library to accommodate anyone's work style.

Cassidy McGlaflin, sophomore business marketing major, enjoys the library because it keeps her concentrated and on task.

"I definitely think that studying at the library is more effective than studying back at the dorms," she said. "If I'm in my room, I'm gonna be distracted by my phone and laptop and anything else I can think of. But if I'm at the library, it's just me and the paper."

On top of all the applicable resources the library has to offer, there are also plenty of communal computers equipped with programs such as Microsoft Word, Powerpoint and Excel. The computers are critical for any student who does not have access to such programs, or Internet access.

"My laptop at home does not have Microsoft Word and these computers do, so it's a great way to knock out homework and not be distracted as easily as I would be if I wasn't at the library," said Bubba Collins, a senior sports administration major and a member of the football team.

And while there is plenty of helpful information located on the library's website, you can also go straight to the library and get help from one of the staff members!

"There is the wonderful staff here that likes to help students use the library to do research," Gerstein said. "Anything that we could possibly help with, we like to help with, and make things available for students.

"It's your library ... This facility is here for you. We are all here to help Castleton students and that's what we like to do."

Word On the Street

Jaime Nolan

Question: Studies show that depression and anxiety rates are increasing among college students. Has this affected your life in any way? How?

Lyss Eaton

"Oh totally. I get really anxious a lot. With college especially and the stresses that come with it."

Amanda Hatch

"I try and keep a positive outlook on life and hang out with my friends to keep me sane. I see my friends go through it and I don't want that to be me."

Meg Wasko

"I don't really know, I guess yeah. Life gets stressful sometieties and you just have to deal with it."

Carly Trombley

"Yes it has. To the point where breaks between classes are filled with weekly trips to therapy. The ambition to complete assignments is practially non-existant."

Jeff Rose

"Over the years since I've first come to college I've got more depression and anxiety. College comes with a lot of responsibility and it has affected my days a lot. I stress eat and that's how I've gained more weight since my freshman year.

PE students help get community fit

By Adam Cook and Drew Hersom
Castleton Spartan

Ceil Hunt, president of the Castleton Alumni Association, glanced down at her FitBit. With pride, she showed the other participants around her.

"Six thousand, four hundred-forty-three," she said, smiling.

That was how many steps she had achieved that day.

Hunt, 61, and many other members of the Castleton community, are participating in the Community Adult Physical Education Program at Castleton University.

"It's a leadership skills program for the students who are going to be involved in the athletics field," said Carole Hinners, 71. "We are members of the community who have been prescribed, which you need a doctor's prescription to get on the program, because most of us are at risk of diabetes."

The students are each assigned a team of community members who are at the same fitness level as each other, Hinners said. Some teams are not working quite as hard as others. In one side of the room, students lead participants in wall push-ups. In another, other community members jumped rope.

"Both the students and the community members benefit a great deal," Hinners said.

The program is overseen by professor Gail Regan, who specializes in activity for older adults and those with chronic diseases.

"For students, it's called Practicum in Exercise Leadership. It's an allied health science class," Regan said. "It is similar to an internship, except that the clients come to us. The mix of students in here is exercise science majors, health science majors, three athletic training majors and one physical education major."

Regan said enrollment in the class is high, with the roster topping out at 12 students. The program was brought to Castleton by the Blueprint for Health manager at Rutland Regional Medical Center, Regan said.

ADAM COOK / CASTLETON SPARTAN

Members of the Community Adult Physical Education Program are led through exercises by Castleton University students.

"This is our fourth year," Regan said, adding that their first meeting about the program took place five years ago.

Zachary Cullen, a junior exercise science major at Castleton, is one of the students involved in the program. Cullen said it was a requirement for his major.

"This stuff is really important, and a lot of people overlook the power of exercise and how it can change a person's life," Cullen said. "When you go to the doctor's office and they tell you that you have Type 2 diabetes, they automatically start putting you on all these medications and stuff like that. If you stepped back and started looking at the person's lifestyle, I think that a lot of these illnesses could be counterbalanced by exercise."

Regan said that the program was an asset to both the clients and the students involved.

"I appreciate the college providing this as a community service, because it's free for people to come. It's free for the clients," Regan said. "I think that it's a good way to represent hardworking Castleton students in the community."

JAMIE YAGER / CASTLETON SPARTAN

A South Street home, normally occupied by college students, still had a for rent sign on it last week.

Moving back on campus

More students are trading in rental life for campus living

Chris Ceserio
Castleton Contributor

In the past, a drive through the small college town of Castleton, Vermont in early September would reveal countless returning students outside of apartments in the area.

People driving through the town could see the upperclassmen outside enjoying the beautiful weather, throwing the Frisbee around with their "Honk and We'll drink" sign displayed proudly for all who passed by.

This year though, motorists were finding these properties vacant with "For Rent" signs still posted rather than the cheerful college students.

The small rural town of Castleton is made up of a numerous of rental properties that are normally packed with upperclassmen. It was tradition for older students to jump at the chance to live off campus, with the last years of their educational careers quickly coming to a close and with them trying to learn how to "adults" before their final semester ends.

So why are these rental properties all over town still on the market?

"More upperclassmen are living on campus this year," said Dean of Residence Life Mike Robilotto.

Castleton University this year opened up new living facilities in nearby Rutland, relieving the already cramped campus of the increase of students.

"We moved our graduate students that were living off campus in the brick buildings down on South Street to the new apartment-living style dorms (in Rutland), so that's 20 people right there that would potentially be leasing these properties that are still up for rent," Robilotto said. "We also have more space for living on campus now, which is giving people the option to live in the dorms that in the past they might not have had."

But could there be other factors also fueling the change? Romello Lindsey is a transfer student who lived in the dorms for a year, but decided to change living situations this semester. He spoke about how weird it was to have vacant apartments in his complex.

"It was hard finding somewhere to live over the summer for next semester, I got lucky I was able to get into the Brick Apartments, the landlord even had said the first day I moved in that there wasn't any room left. A week later he was asking if I knew anyone looking for somewhere to live and that he'd even lower my rent if I found people," he said.

Dilan Clements is a junior who rented an apartment off campus, but now as a senior is once again living back in the dorms. But she has a different reason for returning.

"Originally, when I moved off campus, it saved me money and I loved to cook my own food, but I moved back on campus for senior year because I'm graduating in December so it didn't make sense to rent an apartment again for another year if I would only be living there for half of it," she said.

When asked what she liked better, she answered "I enjoyed having my own space off campus, eating the food I wanted, not having to follow the rules and policies of campus living and I also saved money. I also really enjoy living on campus though, because it's so convenient to live near my classes and the gym, being able to grab food whenever I wanted it without the need of grocery shopping and just the feeling of community you get when you live in a dorm with all your friends. Overall I enjoy on campus more because of the convenience."

Sociology Professor Phil Lamy has different thoughts as to why more students want dorm life.

"I believe there is an infantalization issue with the students in these generations," he said.

"The culture of the society that we live in today see's college students as still children and the more that they are told they are children, the more likely that they will act just as they are perceived, as children."

But how does this translate into students not wanting apartment living?

"Because children don't want responsibility. It is so much easier to pay one big bill at one time than have multiple different payments due during each month. It gets hectic and is definitely not something kids want to deal with," he said.

Not all students feel this way about living in the dorms though. For senior Sterling Connolly, living on campus was "awful."

"I lived in a corridor style room and I lived in a suite and if I didn't have to, I never would have. After three years it was a breath of fresh air to have a place that I felt I could truly call my own, without all the regulations that come with dorm living," he said.

We need more late-night food options

Sam Polas
Spartan Contributer

Senior Isaac Devoid exits his off-campus house on Mechanic Street. It's around 10:30 p.m. and he needs some food and caffeine to finish studying for an upcoming test.

Unfortunately, once he reaches Main Street of Castleton, it is a ghost town. The lights are off in the Village Store and he doesn't see the open flag flying in front of Castleton Pizza Place & Deli.

The diner is also closed and Fireside Café on campus shuts down at 10:30 as well.

"It is a little crazy that the stores close as early as they do," Devoid said. " If you look at UVM, they have places like Mister Mikes, and they have a line out of the door till 2 a.m."

But Castleton isn't nearly the size of Burlington, and that is where the divide comes.

John Rehlen owns and operates the Castleton Village Store, Birdseye Diner and The Castleton Pizza Place & Deli. Rehlen said he adjusts the store hours to the reality of the town after 9 p.m.

MATT ZITWER / CASTLETON SPARTAN

The Depot Cafe is one of several Main Street businesses students wish stayed open later.

"There's just not enough traffic through the town at that time of night," Rehlen said. "The argument can be made, 'stay open and they will come.' But most locals are home at that point."

And it isn't for lack of trying.

Rehlen had changed the store hours in the past to see if it would generate a profit. Unfortunately, the lack of people shopping or dining past 8 p.m. proved to be the issue.

"We didn't see any change with either business … With the new bar going into the pizza place, we have discussed staying open later," Rehlen said. "Our aim for the new bar is for it to be a community bar more than a bar-bar. We want people to come down and watch a game. It is a residential community so it would be a residential bar."

But students like Kyle Lutinski still think Rehlen is losing money by closing early.

"Local business would prosper if they had later hours. Dominoes makes a killing on college campuses, and the pizza place has better pizza," Lutinski said. "It would be awesome if I could go grab a slice right in town, it would be so convenient."

Lutinski's roommate and fellow sophomore Byron Myson agrees.

"On the weekends, there are students everywhere at like 10:30," Myson said. "College students drink. Drunk people eat and pay irresponsibly for food. A drunk college guy could spend $30 at the Village Store on beer, then walk across the street and spend 15 bucks on pizza. Both stores win."

Could it be that local store ownersdon't want a bunch of drunken college kids running around their stores causing mayhem?

Rehlen said the students have nothing to do with the reason they close up shop early.

"We have very good relationship with the college kids. We employ them and rent to them … There are no undertones toward the students; it is really just the issue of traffic," he said.

Persistence pays off for Thomas

By Nicole Webster
Castleton Spartan

Professor Joyce Thomas has just published her second book of poetry called "Washing Birds." Main Street Rags published the book after she submitted it in one of their contests and was chosen as a semi-finalist. This contest was not Thomas's first try, though.

It took about 20 tries to get there, according to Thomas.

"For years I have submitted my poems to what tend to be small press publishers who sponsor a yearly contest and of course you have to expect to be rejected over and over again because you're in competition with usually about a thousand people who would be submitting to any given contest," Thomas said.

She explained that it is very hard to get any kind of literature published because, for the most part, publishers are only out to make money.

"Poetry is hard because it's not a huge market. People don't just run out and buy copies of poems and you don't have agents for poetry. Most agents won't represent poetry because there's not a market for it," she said.

Because of that, writing comes with a lot of rejection, she said.

"It can be devastating at times. You always have to be able to just accept it. Have low expectations and a lot of people say this, I did not do this, but you should always have the next submission in mind so you get the rejection, you say 'oh okay' and send the next one on to someone else. You do kind of have to have a real faith in your own work otherwise it's very discouraging," Thomas said.

Even so, there was something about "Washing Birds" that made Thomas keep submitting it.

"My craft is better. I can see it. I've matured as a writer and I'm proud of the book and I like the poems. It's like stepping-stones. It's the next level," explained Thomas.

WILL CHMIELEWSKI / CASTLETON SPARTAN

English professor Joyce Thomas recently published a book of poetry, "Washing Birds."

One poem in the book really sticks out to Thomas and it's the very first one, "Mary."

"Partly because it's something different in terms of topic than I have done before. Partly because it came to me very quickly. I mean, one always revises and revises, but the overall theme came very quickly and it still, when I read it, moves me," Thomas said.

Her colleagues aren't surprised by her success.

"Professor Thomas' book of poems, "Washing Birds," is a fascinating collection of thought-provoking poems. Joyce provides sometimes clear and sometimes inscrutable, sometimes enjoyable and sometimes painful treatments of some very weighty topics, ranging from humans' (mis) treatment of animals, especially elephants, to the poet's serious heart troubles. As this range suggests, her poems are both personal and universal," said English department chair, professor Andrew Alexander.

The poem that Thomas favors, "Mary," is the one about the elephant that Alexander was speaking of. It is about the lynching of an elephant that killed its trainer in the 1900s.

The next step for Thomas is doing readings from the book to get it more exposure and to get more readers.

English professor Dennis Shramek said, "she's a very skilled poet and reader" and called her work "quite enlightening" after hearing her read excerpts from it at a faculty "Share You Work Dinner" event last semester.

He also said that she is a great reader of her poetry and she has a number of readings set up. One is at the Castleton Free Library, one is in the works in Brandon, she hopes to have one at Castleton in the spring, and another is planned at Northshire Bookstore in Manchester, which she said is hard to get because they want named people.

Alexander said that they are going to try and have a celebration and formal reading for Thomas on campus in the spring.

Syrian film moves hearts

Panel discusses documentary, Syrian refugees in the U.S.

By Jimmy Britt
Castleton Spartan

The audience sat in silence with their eyes fixed on the screen. They could not look away no matter how much they wanted to. For an hour and 15 minutes, the audience was no longer in Casella Theater.

They were in Jordan's Za'atari Syrian refugee camp.

The Castleton Soundings program held a viewing of the documentary "Salam Neighbors" with an open panel discussion on Oct. 22. The panel consisted of one of the film's directors, Zach Ingrasci, former U.S. Ambassador to Syria Robert Ford, and professor Emily Gleason.

The discussion and the film emphasized that the Syrian people – are people. They are not terrorists trying to destroy the world or a parasite trying to leech off of others kindness.

"Our neighbors immediately came out and helped us set up our tent. I never felt in danger throughout the entire process and I think that speaks to the vast majority of Syrian refugees," said Ingrasci about his experience in Za'atari. "They are just like you or I and have many of the same goals as us. I think I came away with a much greater appreciation for making this world a much better place for welcoming refugees."

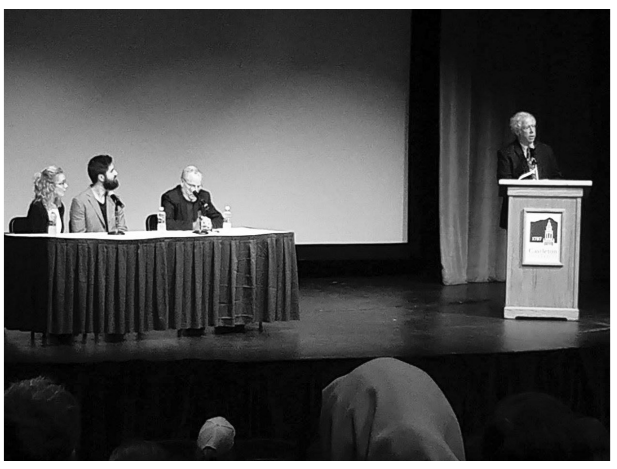
Though the crew and Ingrasci were welcomed, they still experienced challenges, like finding people who could tell their story without putting themselves or their families in harm for doing so.

But one event truly shocked Ingrasci.

He and the crew befriended a young boy named Raouf, who loved to learn, but wasn't in school. Ingrasci and the others tried to help Raouf go back to school during the beginning of the semester, but the young boy couldn't do it.

"Seeing Raouf attempt to go back to school and literally hit the threshold of the door, not being able to cross it and breaking down really affected me," said Ingrasci.

They learned later that Raouf lived through his school being bombed back in Syria. Raouf couldn't get past the mental trauma of what had happened. Happily for the director, Raouf did finally return to school and is doing well.



PHOTOS CONTRIBUTED BY JIMMY BRITT

The film "Salam Neighbors," a documentary about Syrian refugees, was screened in Casella Theater for a Soundings event on Oct. 22. A panel discussion followed the screening.

But the panel members agreed there is still much more that United States could be doing to help with the Syrian crisis aside from its military involvement.

"We are the world's biggest economy and a country built on immigrants. I just don't understand why the U.S. isn't taking more Syrian refugees," said Ford, the former ambassador.

He suggested that by reducing the U.S. Air Force F16 operations by 10 percent, Homeland Security and the FBI could hire more screeners for the refugees. It would speed up the process and potentially save more lives.

"On one hand, we have the military help fighting the Islamic extremists. On the other hand, we have the refugee policy, but it isn't doing everything it can do to undermine recruitment of those extremist groups," Ford said.

He added that the two hands should be complimentary and not contradictory. Ford also gave praise to Rutland Mayor Christopher Louras and Rutland Welcomes for helping take in refugees.

"It's the right thing to do from a humanitarian and compassionate perspective where we really have a moral obligation to help those who are fleeing for their lives and looking to rebuild those lives," Louras said.

He later mentioned that taking in the refugees is good from a self-serving perspective. Rutland's population peaked in 1970 at 19,000 people, but since then its population has declined by 15 to 20 percent. By aiding the Syrian people, Rutland will see a boost in jobs and housing stock.

"We recognize that there isn't a growing, vibrant and successful community in the country that's not embracing new Americans," said Louras. "The level of cultural diversity that new Americans provide will both allow us to attract and retain young professionals, singles and their families. Because data supports the fact that the up and coming generation wants to live in a community with a high level of diversity."

Programs have been setup to help the refugees break down the language barrier so they will be able to meld into our community with ease. Though there are many supporters of the refugees there are still negative views on the Syrian people that need to be changed, panelists said.

Gleason, an education professor at Castleton, is working with graduate students studying the impact of the Syrian relocation effort.

"Part of mine and our responsibility right now is to learn about the Middle East and inform ourselves about the conflict. There have been so many misperceptions and misunderstandings about Muslim populations, Arabic populations and terrorism," she said.

"I think we need to educate ourselves about the context and knowing that terrorism can be mitigated by welcoming people and creating safe spaces for people to live, rather than alienating people who are fleeing from the very same things that Americans are afraid of."

Theater prof. stars in Macbeth

By Nicole Webster
Castleton Spartan

Witches, murders, sword fights, apparitions dressed all in black holding candles, and a ghost four nights before Halloween screams horror movie, but in this case it screams tragedy, or more specifically, "Macbeth."

The three witches in the show contorted their faces while looking directly at the audience to be as menacing and creepy as possible for girls under the age of 18 to look. The shadows from the lighting and the horror movie music that played when they were on stage only intensified that.

Sword fights, slit throats and stabbings led to many deaths, as is expected in a Shakespearian tragedy, but this show has Macbeth and Lady Macbeth come out with blood on their hands after killing Duncan. Macbeth himself is beheaded at the end of the show.

Banquo's throat is slit on orders from Macbeth and two minutes later he comes back on stage white as a ghost with a slit throat and bloody stomach. When Macbeth notices him and the lights hit him, Banquo's eyes are sunken in, black, and it's easy to see why he's terrifying to Macbeth – besides the fact he's dead and Macbeth is the only one who can see him.

The Middlebury Actors Workshop performed "Macbeth" at the Paramount Theatre as a Soundings event Oct. 27. Chair of the Castleton theater department, professor Harry McEnerny, was Banquo in the show and professor Angela Brande was the costume designer.

See Macbeth on Page 6

Attempting to escape their fate

By Leo Richardson and Martin VanBuren
Castleton Spartan

The green lighting swirls in a disorienting pattern and tables and chairs are shrouded with blood-covered tablecloths.

The clock is ticking. If you and your friends cannot sort through the series of codes, clues and locks to get the information to shut down a computer and stop the release of a virus, then it will be released and send the world into a zombie apocalypse.

You have 45 minutes to accomplish this task… good luck.

This is the premise of the "Patient Zero" escape room that was run as a Campus Activities Board event on Oct. 21.

The other room "Boom!" involved solving a murder mystery and disarming a bomb. The rooms were set up in the kitchen of the 1787 room and the formal lounge respectively. They are a part of the Escape Rooms traveling productions. Escape Rooms have home mazes in states across the country where they run hour long puzzles in permanent rooms.

Lawrie-Beth Cussing works as one of the traveling agents who brings the Escape Rooms experience to colleges around the country. When she's not running rooms, she works as a zombie in one of the new puzzles at the Virginia Beach location.

"I love travelling really. Most students love the experience and I haven't seen a lot of disappointment…except for when they think that the puzzle is too hard," Cussing said with a laugh.

She mentions that at the Virginia Beach location, they host a room called "Heist," that is very difficult, with only a 15 percent success rate. Cussing also commented on how much she would love to come back to Castleton with the program, as everyone was so "genuinely kind and fun" to work with.

Yells of "None of this makes sense to me!" and "Wait! Wait! Over here!" could be heard bellowing out of the rooms while students worked to solve the problems facing them. Splitting up into different groups to tackle the various problems, some worked to find codes that would open locks while others searched the room for clues that will lead to the next step of the puzzle.

"When I walked into the room, it looked like it would be easy, but it definitely was not!" said student Karly Paquette. "We used every clue that we were given and ended up winning. Overall, it was a really cool experience and I would definitely do it again."

Bre Morse, president of CAB, said that she "would definitely have them back."

"They will have new rooms next semester and so I see no reason not to," she said.

A total of 41 students participated, which Morse says is a great turnout for a weekend CAB event. She said that although a lot of students would prefer to do large events such as concerts, the deans of the school prefer there to be small weekend events, not only to help entertain students who choose not to go out drinking or partying on the weekends, but to help and persuade students to not go out at all.

"The first-year class this year has helped a lot. They really love CAB events and are getting the word around," Morse said.

With more and more students attending events, CAB is able to get more feedback about what events students truly enjoyed. The student board of CAB members is already asking to have Escape Rooms back again, which will give the opportunity for anyone who missed out this semester a chance to experience it for themselves.

MARTIN VANBUREN / CASTLETON SPARTAN

Castleton students try to escape the rooms in the simulation on Oct. 21.

Invincible students

Continued from page 1

Mackenzie feels the same way. She has been "casually" doing cocaine since her 18th birthday, when she was first offered a line.

"It didn't do much. It makes me more focused. I don't see a problem with it as long as I'm around safe people," Mackenzie said.

Engel agrees. He stated that in the course he teaches, he does not emphasize that students should never do drugs.

According to Engel, recent research has shown that the program D.A.R.E, a program that presents to students, typically in middle school that drugs are bad and can cause serious physical and emotional harm, does not provide students with the best education.

"It says that drugs are existentially bad, and when you do them, there is no going back. When people try drugs anyway and nothing terrible happens, they are surprised, and are more willing to experiment," Engel said.

Though it is typical for people to be drawn to drugs when a family member has done them, according to the organization Drug Free World, these Castleton students do not have anyone close to them addicted to drugs. Brad, Kourtney and Mackenzie all believe that if someone close to them had been impacted by drugs, it would change their opinions.

"It's definitely scary and it makes me sad, but it doesn't change my perspective enough to not do it," Mackenzie said.

"It would make me see it differently, but everyone has to have their own experiences," Brad said.

"If I saw someone in turmoil because of it, I wouldn't do it," Kourtney said.

According to the National Institute on Drug Abuse, nearly 40 percent of teens experiment with drugs.

Engel some words for them.

"Don't focus on never doing drugs, but make sure if you do, that you are doing it responsibly. Make sure you have people there who are looking out for you so that if you're not able to make good decisions, you have someone there who you trust who can make them for you. Have a designated decision maker," Engel said.

Students network

Continued from page 3

"This event is an amazing opportunity for young professionals around the state to come to Rutland and network as well as begin brainstorming for implementing change for our amazing state," she said. "Having Castleton Students … at the event is important in helping to get a better understanding of why young people, specifically professionals, are leaving the state. Having those insights and potentially setting them up to network and meet someone who they could potentially connect with, on a personal or career level, could help to hold more people in this area after they graduate."

Student Government Association Tyler Anderson also attended the event this year, and was a volunteer at last year's event. He said it offers a great starting point for Castleton students to get involved with their community.

"There are more problems in the world than those that we experience at Castleton," he said. "By looking at and learning about those issues, we can start to find ways to solve them."

Anderson also said that because of our recent expansion into Rutland "the problems facing Rutland are something that we need to be looking at as Castleton and helping create solutions to those issues."

Anderson did feel, however, that the format for this year's event was a little less effective than the previous one. This year, the sessions welcomed discussion, but larger groups meant fewer people had the chance to speak and be heard. And the afternoon session he attended with others was almost a pure lecture with a chance for questions at the end.

"I feel like I got more out of last year's (format), because I was directly with people…. Last year there were smaller group settings, which I thought was nice. It was still a great event, I just feel like the conversation didn't move as fast."

For more information on young professionals activities locally, check out rutlandyoungprofessionals.org.

Cancer walk hits harder for some

By William Chmielewski
Castleton Spartan

Joyful, hardworking, caring, compassionate, and full of energy. These are just a few of the words I would use to describe my sister, Diana. She was always working hard at her job, always doing a lot of work around her house, doing a lot for the people around her and enjoying her life.

Everything seemed to be going very well in her life, until she noticed a lump on her breast. She went and got a CT scan done and then had to wait for the results. It was something that put a ton of burden on her, myself as I have been living with her and our entire family as we awaited the results of the tests.

It was the end of April and the day came that she would be getting back the results of her scans and we would be finding out if it was a benign or if it was cancerous. On the the doctors came out with the answer, my sister was diagnosed with breast cancer. It was so hard on her and hard on the family. Being that I was living with my sister, it was a hard hit on my as well.

She went from being the cheerful person that she was, to now being upset, and worried about what the next few months was going to bring for her.

The next few months were hard as she began to prepare for chemotherapy, she was going to the doctor a few times a week, and the medication they had her on was making her very tired, and feeling very sick.

Over the summer she was preparing for chemotherapy, and each day I could see how much this was wearing on her. It was breaking my heart, see someone who was so full of energy, now not being able to do much, and sleeping and feeling sick so often.

Summer was a difficult time for this reason and then leading up to her Chemo treatments beginning, having my other sister from Ohio come out to drive her to the appointments and seeing how much the chemo was effecting my sister.

Now as she is going through the treatments, she is sleeping almost all day long, never having much energy. She does not eat much, and is not able to do many things, and it is heartbreaking to see my sister who I love in bed most all day every day because of how tired and sick the chemo treatments are making her.

The good outlook is a foundation like the American Cancer Society, and their annual Strides event,which my sister was able to attend and see the people there and talking with them was able to give her new hope in her fight against breast cancer.

As she continues her treatment it comes down to her staying strong and having people like her family around her showing her support in this difficult time.

WILL CHMIELEWSKI / CASTLETON SPARTAN

Diana Chmielewski, sister of writer Will Chmielewski, is battling breast cancer.

Why do we love to swear?

PHOTO ILLUSTRATION BY MATT ZITWER

By Jordan Lumsden
Castleton Spartan

Alex McCormick, a senior midfielder on the men's soccer team, looked up the field to make a pass during a drill in practice. The pass got away from him and McCormick wasn't too happy about it.

"Fuuuck!" McCormick shouted, throwing his arms out in front of him in disgust.

Just a couple of moments earlier, Seth Wilmott went to take a shot. The shot sailed over the net and another F-bomb was released.

And for their actions, the team was rewarded with a little post-practice workout.

"If you swear outwardly, everyone does 25 push-ups," said head coach John O'Connor.

Pain, anger, stress, comedic relief and social class all factor into how much or how little we swear.

But why do we swear?

Some say swearing is used as a way to emphasize a certain point.

"Instead of saying 'It's really hot out,' someone says 'It's fucking hot out,'" O'Connor said. "I think in some ways, it's a descriptor now."

Other teams at Castleton are trying to cut down on profane words at practice as well. The wrestling team individually has to do 10 push-ups on the spot if they're caught saying curse words.

"It's an honor system so coach doesn't have to hear you, but if you catch on that you did it you just drop and do 10," said Cam Milliken, a junior wrestler.

And although it's an honor system, teammates make sure they hold each other accountable if they hear something, he said.

Swearing has definitely made its way into every facet of human life. From affluent businessmen and women to auto repair mechanics, everyone swears.

One common misconception is that people who swear more are less intelligent, less effective at their job and are less friendly.

A study by a group of cognitive scientist from Marist College and the Massachusetts College of Liberal Arts put these theories to the test.

Participants of the study were given a controlled word association test. The test asks them to list off as many words as they can that start with a particular letter in the specified time. The researchers then conducted the same test, but instead asked participants to list off as many swear words as they could in the specified time.

What they found was "The more taboo words participants could generate, the more verbally fluent they were in general," according to an article published by Scientific American.

But just because you know more swear words, doesn't mean you have to use them.

"As a business major, I don't think it belongs in a professional environment," said Mehmet Erogalu, a senior at Castleton.

Erogalu said that when you're at work, school or doing anything aside from maybe hanging out with friends, profanity has no place.

Dan McMurry Jr., owner of R&D Automotive agrees.

"You don't sit at dinner and say 'fuck the steak is raw, it's terrible,' You say 'Oh this steak is bad, and we're not coming back here,' because in social society you become a C-class person if you use that word," McMurry Jr. said.

But who hasn't let out a sharp "shit" after stubbing their toe or running into the corner of a table?

"When you get your foot stepped on, pretty much everyone's reaction is, 'Oh fuck, that hurt,'" said Seth Wilmott, senior men's soccer player.

Research conducted by Timothy Jay, a professor at the Massachusetts College of Liberal Arts, showed that swearing is an emotional experience. Often times it can spark attention and it can convey the specific message you want.

"Humans subconsciously compartmentalize everything, so from such a young age hearing 'that's such a bad word' in your head you have two kinds of words: words you can say and words you're not supposed to say. So when you get angry you'll do things that you know you're not supposed to do," Erogalu said. "Before you know it, all of those words you're not supposed to say are in one group waiting to be fired off."

Milliken agrees swearing is impulsive, saying he swears most when he's angry. He also said swears are often "filler words" and that he also likely to swear when he can't think of anything to say.

According to an article by Jessica Love published in the American Scholar, "The distinctiveness of taboo words also helps us remember them. In many contexts – church, classrooms, and dare I say psychology experiments – we simply don't expect to encounter swearing. So when we do, it stands out."

Also, with many swear words, the way you say them is just as important, if not more important, than the word itself.

There is only one-way to say, "Fuck you," in terms of physically pronouncing the words. But there are a number of ways those words could be interpreted. It could be said angrily, sarcastically, jokingly or even in a friendly tone.

But why is it so much fun to let out a witty F-bomb comeback to a friend?

Benjamin Bergen, a linguist and cognitive scientist from the University of California San Diego, says that the structure of swear words is just as much to blame as the meaning behind them.

In his book, What the F: what swearing reveals about our language, our brains and ourselves, he talks about how the joy behind swearing is caused by the ending of taboo words.

A swear such as "shit" is more enjoyable to say because of the hard T sound at the end. Bergen compares the words 'poo' and 'shit.' Obviously everyone knows which is the swear word, but what's interesting is that even though both of these slang terms mean the same thing one carries more weight, he said.

Not too often do you hear someone yell out poo after stubbing his or her toe.

The same goes for other swears as well. Interestingly, if the vowels are taken out of the word, you can hear the sharp sounds that make the words so fun to say.

"There's some times when you start talking $2,000-$3,000 bills (to repair) cars that aren't worth it," said McMurry Jr, the auto shop owner. "Sometimes it's the best description. 'Well okay, we'll put it into laymen's terms for you. Your car's fucked,'" he said with a chuckle, looking around at the crowd of other R&D mechanics who had formed around the conversation.

Students less than polite at Macbeth

Continued from page 5

"I was more nervous than I thought I would be," McEnerny said about performing in front of his students. "But it wasn't just me thinking, "okay these are my students out there." The rest of the cast is like "okay there's all these Castleton students out there."

The two-minute change from living to dead that McEnerny's character went through after being dragged off stage took three people to get done. Someone held makeup on their hand to warm it up for him, another person helped him changed to the bloodied shirt, and the final person put on his neck wound. He said it was a challenge to get back in time to come out and scare Macbeth.

Brande was excited for students to see her designs, which included Banquo's bloody clothes.

"I loved that and that there were bad reviews of my work and some good comments about the work so they get to see that even when you've been doing it for 20 years, not everyone is going to like your work. People are going to disagree or interpret it differently and those aren't necessarily wrong. They're just different," said Brande about the experience and a review that mentioned her costumes in Seven Days.

Though she said she'd have preferred all good reviews, she believed it was good for students to see that no one gets good reviews all the time.

Theater students loved seeing their professors' work.

"Seeing Harry act tickled me. I don't know the words to describe it. It's like seeing your parents do something that they've been helping you do and then you're like "that's funny because you've been teaching me this and there you are doing it," Vincent Tatro said.

Former theater students also enjoyed seeing their professors' work.

Jessica Poljacik, a 2016 graduate of Castleton's theater program, loved the set design for the show and she cites McEnerny's performance as one of her favorites.

"Shakespeare is no easy beast to tackle, so I applaud especially Macbeth, Lady Macbeth, the porter, and Banquo for their performances. If you asked them, I'm sure they could easily translate their lines into modern English without hesitation," Poljacik said.

She did have one issue with the experience, though.

Poljacik said she wasn't trying to be that person who complains about Soundings students, but the way people were behaving was disruptive and disrespectful to the performers and the audience members who were paying attention to the show.

"One of the things that made me most heartbroken for the performers was the audience in attendance … Many audience members talked throughout the course of the performance or went in and out of the theater more than once and did not try to quiet their elephant like sounds. Some checked cell phones and couldn't be bothered to have self-control and wait for intermission or the performance to be over. As a performer, my heart broke for the actors on stage. Audience members like those tarnish the experience of theater," Poljacik said.

Zuckerman and Brock on campus

EMMA TRUHAN-SWANSON / CASTLETON SPARTAN

Vermont lieutenant governor candidates Randy Brock and David Zuckerman debate on campus in room 1787.

A democratic bake sale

JAMIE YAGER / CASTLETON SPARTAN

Members of the CU Deomcratic Leadership Club hold a bake sale in the Campus Center.

Meeting Castleton wrestler Jared Costa

By Eva Clark
Castleton Spartan

For junior transfer student Jared Costa, Castleton wrestling is an open door. In his short college career, he has seen a program come to end at his old school, and been a part of the growth of a new one. Although Division II wrestling at Anderson University didn't work out for Costa, the sports administration major feels he is now a part of a program that will be bigger and better.

Q: What is it like participating in a first-year varsity sport here at Castleton?

A: I think it's awesome because you kind of set the bar for what the program is going to be like in the future. In two weeks of practice, I'm probably in better shape conditioning-wise than I ever was when I was at Anderson.

Q: What are the team goals or expectations for this year?

A: This year no one expects our team to be good because we're a first-year team, but some people don't understand how good of a coach coach (Scott) Legacy is. We're aiming to have multiple All-Americans and Academic-All-Americans this year, as well as being a top team in the region.

Jared Costa

Q: You said you are a transfer student, why did you choose to come to Castleton?

A: I came to Castleton because my previous school dropped wrestling as an official sport, and I saw Castleton as an awesome opportunity to continue my wrestling career. Coach Legacy, Coach Forrest, and the sports department as a whole gave me the impression that the best place to continue wrestling was at Castleton.

Q: How has Castleton improved your experience with your wrestling career?

A: Coming to Castleton changed the way I looked at wrestling completely. At my previous school, our team finished with a total of two wins and no NCAA qualifiers. Here at Castleton, there is an expectation from everyone on the team for us to win and have multiple All-Americans. This has made wrestling more enjoyable because there is more meaning and purpose to what I am working for.

Q: What song(s) gets you most amped for matches?

A: I don't have a go-to song for matches. I like to mix it up and listen to a variety of music to keep myself relaxed before matches. Mostly a mix of Hip-Hop/Rap and reggae.

Q: Who is your favorite professional wrestler and why?

A: My favorite wrestler is 2016 Olympic Champion Kyle Snyder from Ohio State University. Snyder is the youngest American to win gold in the Olympics for wrestling, and is still currently a junior at Ohio St. I like him because I enjoy watching him wrestle, and think he has a great mentality and attitude for wrestling.

Q: Would you be an MMA fighter if given the chance?

A: It would depend on what I have going on in my life at the time. I enjoy watching MMA, but when my wrestling career is over I want to put my college education to use and pursue a job in the field I studied four years to get.

COURTESY OF CASTLETONSPORTS.COM

Makai Hawkins, left, Moe Harris, right, and Joel Antoine, not pictured, were suspended following a social media violation. Hawkins has since decided to leave the team. Harris and Antoine have remained on the team but haven't played the past two games.

A big hit to CU football

By Jordan Lumsden
Castleton Spartan

A "social media violation" has led to the suspension of two Spartan football players and led to a third quitting the team after an incident earlier this month.

When asked for specifics about the violation, head coach Tony Volpone said that the matter is being handled in-house.

"The situation has been dealt with and certain individuals are fulfilling their stipulations in regard to said policy," Volpone said.

The coach chose not to comment on which players were involved in the incident, who quit the team or what the violation was.

But as of Oct. 29, senior wide receiver Makai Hawkins was no longer listed on the team's roster.

Sophomore starting running back Moe Harris and junior linebacker Joel Antoine did not participate in Castleton's game against SUNY Maritime on Oct. 22, which the team won 32-31. Harris and Antoine also did not travel with the team last weekend to face Gallaudet in an Eastern Collegiate Football Conference game, a game they lost 21-17. Galladuet is second to last in the ECFC and improves to 1-4 in the conference with its win.

This marked the second week in a row the two sat out of competition.

When asked about the alleged incident Harris replied "No comment," but one player on the team who chose to remain anonymous due to team policy, confirmed that the incident was related to the social media app Snapchat.

"It was people expressing how they felt," he said.

After initially denying the incident, the player said that the coaching staff instructed players not to talk about it.

He said that the Snapchat showed Harris, Hawkins and Antoine on video talking negatively about the program, the players and the coaching staff.

Hawkins denied a request of an interview.

Castleton Dean of Advancement Jeff Weld said that Castleton student athletes are generally held to a higher standard and viewed as leaders in our community.

"We try and educate (student athletes) on what's positive use of social media and what might not be so positive," Weld said.

An email sent to Athletic Director Deanna Tyson asking for a comment was not returned in time for publication.

"From our standpoint we're more concerned with how it reflects on the student athletes and what they're putting out there and whether they're portraying the best image for themselves first and foremost and then from there how it affects the school, community and the team," Weld said.

But senior Jaine Nolan, a friend of Hawkins, doesn't see what the big deal is.

"Everyone who is on a sports team complains about their coaches and teammates. Things aren't always pretty. I think it was handled poorly," she said.

The Spartans fell to 3-5 with the loss to Gallaudet, while having a 3-2 record against ECFC competition.

"It's unfortunate when students make mistakes and maybe put regrettable stuff out there, but it's a part of learning and it's a part of maturing and growing into the next phase of life," Weld said.

Spartans season ends with loss in NAC playoffs

By Dylan Blowers
Castleton Spartan

As fans walked onto the court last Wednesday, the volleyball nets were being taken down for the last time this year.

After falling behind two sets to none on their senior night, the Spartans battled back against the Cadets to force a fifth set, but fell short 15-12.

The Spartans would fall to Lyndon State in three sets in the first round of the NAC playoffs three days later, ending their season at 9-13.

Castleton had dropped both of their matches against Lyndon State in the regular season. Their second regular-season loss to the Hornets came a week before the first round of the playoffs. It was similar to their senior night match against Norwich; Castleton had dropped the first two sets before coming alive to win back-to-back close ones before falling 15-12 in the deciding one.

They had fallen in three sets to Lyndon in their first regular season match.

Spartans coach Nicole Kondziela, despite the two losses on the season to Lyndon, took some positive things away from the second match and seemed to have a game plan heading into their playoff match. After the Norwich match, she stated, "We need to come out strong right from the beginning. We let Lyndon win the first two (sets) and decided to come and play, so one of the things we need to work on this weekend is coming out strong right from the beginning. One thing that I took away is that we can fight with them."

Kondziela would then reference her team's improvement between the first two matches as her reasoning.

Their playoff match was much closer than the 3-0 final might indicate. The Spartans got off to a slow start in the first set, when Lyndon scored six straight points. The Spartans would then go on a 9-3 run to tie the set at 9. Castleton's 21-25 loss in the first set would be their largest of the day, as they forced the Hornets to score more than 25 points and fight for advantage in the latter two sets, (24-26 and 26-28).

2016 marked the second consecutive playoff appearance for third-year coach Kondziela and her squad. Kondzelia had four key returners from 2015's semifinals run on the 2016 roster including junior Kimberly Jackson and seniors Alex Madsen, J'Leen Diaz, and Cassidy Tedeschi. Madsen broke the school's season record for assists this year with 466; she will also leave with the school's career record in that category with 942. Tedeschi, Diaz and Jackson would lead the teams in kills this year, with 192, 168 and 114, respectively.

"My three seniors will be strongly missed. They are three starters for me, and they are assets on and off the court. They are great leaders in the community," Kondziela said. "We will have two returners next year – Kim (Jackson) and Jesse (Grace) – who will be seniors and I think they have great skills that our seniors this year had."

The Spartans finished 3-4 within their conference in the regular season, with wins against Maine-Presque Isle, (3-0), Green Mountain, (3-1) and Johnson State (3-0).

CU student gets national honor

Rachel Bombardier was a two sport athlete at Castleton and is now being recognized by the NCAA as a Woman of the Year.

COURTESY PHOTO

Rachel Bombardier poses with her award at the Top-30 Woman of the Year recognition ceremony in Indianapolis, Indiana.

By Catherine Twing
Castleton Spartan

Aggressive. Intelligent. Strong.

This is how friends of alumna Rachel Bombardier describe her.

When she first came to Castleton four years ago she was already a dedicated hockey player and student. With some helpful and understanding coaches, and her own work ethic, she was able to add lacrosse to the mix along with academics and a part time job as an EMT.

This fall all of her hard work was recognized when she was named a National Collegiate Athletic Association woman of the year top 30 honoree; the first Castleton athlete to earn such an honor.

"My lacrosse coach Hannah Corkery texted me. I had just gotten out of an anatomy lab and I was surprised and I didn't even realize exactly what it was," Bombardier said. "I didn't realize it was such a big deal and it was such a large pool of people I was chosen from."

This large pool she is referring to included a record 517 student athlete nominees from hundreds of colleges and universities in the United States.

Bombardier was first selected as the North Atlantic Conference woman of the year. She then joined 141 conference nominees in the competition for the NCAA honor and came out as one of the top ten women chosen from division III schools.

"We made history by this. I don't think in my lifetime here it will ever happen again," Tyson said. "I feel it put Castleton on the map."

Not only is she the first Castleton athlete to earn this honor, she is also the first from the NAC to be named to the NCAA top 30.

"Rachel has distinguished herself nationally among an elite group of women and she is truly the best of what collegiate athletics offers," said NAC Commissioner Marcella Zalot in a press release. "As our first recipient to be named a top 30 finalist, Rachel has made NAC history."

Honorees are chosen based on their academic achievements, athletic achievements, community service and leadership qualities, according to the NCAA. Bombardier more than qualifies in these areas.

While at Castleton the dual-sport athlete received all-academic honors from the NAC, the Eastern College Athletics Conference and the New England Hockey Conference while majoring in exercise science and working part time.

Even before coming to Castleton, Bombardier was motivated to go after her goals. Coming from Pittsford, Vermont, she would have had to go to Rutland High School to play hockey. She found it was a better option to go to St. Paul's, a boarding school in Concord, New Hampshire, and was able to play hockey there and take advantage of their impressive academics.

"It's sort of how I was brought up and how I see the world. I am just driven and motivated to do well. That's just how I am," she said humbly. "I was given a lot of opportunities that I know a lot of people would love to have."

"I'm very proud of her," Tyson said. "I feel she worked very hard on her academics and to be where she was on the athletic field. It's great to see that something like this pays off."

The honorees were treated to a weekend recognition ceremony in Indianapolis which took place in mid-October. The weekend included activities for the honorees and an awards banquet.

"I felt like such a VIP. I hadn't really been to a conference type event where you are treated so well," Bombardier said. "A fruit platter in your room and sparkling water, and here's a key to the hospitality room. They definitely went above and beyond."

Bombardier's former teammates had endless positive things to say about her and how deserving she is of this honor.

"I can confidently say that Rachel has the strongest work ethic I have ever seen," said former women's hockey teammate Jess Cameron. "She fully understood the importance of her academics, athletics and personal life… and created a balance between all of those aspects."

Cameron went on to give an example of Bombardier's dedication.

"One day at the rink before practice, Rachel was drawing some sort of chemical structure on the board so she could study. She was taking advantage of those few extra minutes to do something productive. She was laughing and having fun with the team," Cameron said. "It showed that she could create that balance in her life and enjoy all aspects at the same time."

Former teammate on the women's lacrosse and hockey teams Ashley Pelkey calls Bombardier a role-model.

"When you need help on your homework she will be the first one to help you. If you had a bad day and she realizes it she will help make the day or situation better," Pelkey said, adding her amazement that Bombardier was able to handle a full course load of high level classes, work, play two sports, get good grades, be captain for two teams and still find time to eat healthy.

Bombardier was also a role model to Rachael Brazil, a former teammate on the women's hockey team whom Bombardier made feel welcomed her freshman year.

"I remember the first day of classes, being a typical freshman, I sat down in a random seat off to the side in the lecture hall. All of a sudden Rachel came up to me and told me to come sit with her and another teammate. From that point on, we always sat next to each other and were lab partners. It was such a small gesture, but it made a huge impact on me as I was working on fitting in as a freshman," Brazil said.

Bombardier's playing was also something Brazil looked up to.

"I would say she was the toughest player on our team. She wasn't afraid to go into the corners and fight for the puck or go up against a bigger opponent," she said. "Whenever it was a battle between her and an opponent, I was confident she would come out on top."

"I think it was her love of the game that was the most apparent; it was her passion that motivated her," Brazil said. "She knew how to get everyone fired up for the game. I believe this positive attitude played a huge role in the team's success."

What asked what she misses most about being an athlete at Castleton, Bombardier said it's her teammates.

"Being around my teammates and showing up to practice after long day of class with 20 or 25 other girls who are just as happy to be on the ice as you," she said. "Now I'm in grad school and I have class every day, and they're a lot harder than they were at Castleton, so I would do anything to have a 2 hour practice with my best friends."

Bombardier is now working on her Master of Medical Science degree at UVM which will finish in May and then hopes to attend medical school. She knows she wants to be a physician of some kind, but explained that clinical rotations don't start until her third year of med school so she doesn't know exactly what specialty she wants to go into yet.

She isn't currently involved in sports, but is looking forward to seeing the Spartans play on the ice this winter.

FILE PHOTO BY ASHLEY CALLAN

Rachel Bombardier looks to take the puck away from a defender in the Pink the Rink game last season. Bombardier also played lacrosse.

Club Rugby falls in first day of playoff

COURTESY PHOTO

Team photo of the 2016 men's club rugby team for the fall season.

By Kathleen Thompson
Castleton Spartan

Laselle was able to break through Castleton's defensive line to score with under two minutes to play, beating the Spartans with a final score of 10-8 in their playoff game Saturday Oct. 29.

After the break, "Laselle came back looking like a brand new team," said Coach and alumni Spartan Seth Harrington. Laselle scored a try quickly in the first half, bringing the score to 8-5 with Castleton still in the lead. Castleton continued to play tough, but could not find an opportunity.

Castleton senior inside center Nik Couture scored a three-point drop kick from the 25-meter line and prop Nate Dupras scored from an offensive pod, evading two tackles from eight meters out.

After a fantastic season, Castleton advanced into playoffs on a high note being the number 1 seed in their conference and having an undefeated season of 6-0. They hosted the weekend playoffs but were knocked out of contention on Saturday.

"It was heart breaking, but I've never been more proud of a rugby team at this school," said Harrington. "These guys played their hearts out all season. This game, similar to many others we played, could have gone either way. Unfortunately, it wasn't our game to win today, but we walked away knowing we gave everything we had and never quit."

Senior captain and president of the club, Aaron Clark felt the same way.

"It was a tough loss, but we didn't give it to them, they had to earn it. Some times things don't work out in your favor, but that's just the way it goes. We still we're given a great opportunity for our team to be able to host playoffs and it shows how far the program has come and we intend to be a mainstay in playoffs from now on," Clark said.

And the team is already excited for what they can do next season.

"It was an excellent season and another great step in the right direction for the Men's rugby program and I know we are setting the bar for future Castleton University rugby teams going forward," Harrington said.

Sports Talk

Editor's Note:
Because of early Spartan deadlines, this column was written prior to press date and tried to predict the outcome of the series.

By Dylan Blowers
Castleton Spartan

It's almost a perfect scene. Sure, there were no "Cinderella" teams to make it to this year's World Series. But the last two team's standing this year aren't only the best two teams from both leagues, but are maybe the two teams with the most to prove.

The Chicago Cubs won back-to-back championships in 1907 and 1908, but have not won a World Series since. The last time they even appeared in the World Series was 1945. They came five outs away in 2003 versus the Florida Marlins, but could not hold a 3-0 game lead nor a 3-2 series lead. (Google, "Steve Bartman" if you want more information about that story).

The Cleveland Indians have won two championships in franchise history, in 1920 and 1948. Cleveland has had more success in making the World Series, having last made it in 1997. Still, these are two teams, cities and fan bases that are longing for a championship. Only one can win, however; so, who will it be?

As I write this, the Cubs are just two hours removed from tying up the Series at one win a piece after a brilliant outing by reigning National League Cy Young winner Jake Arrieta. Arrieta took a no-hitter into the sixth inning, and was helped out by a Chicago offense led by Anthony Rizzo, Ben Zobrist and Kyle Schwarber.

Another 2015 Cy Young winner shined in Game 1, along with a little known catcher. Arrieta's American League counterpart last season, the Indians' Corey Kluber, was dominant in eight shutout innings. The Cleveland offense, led by Roberto Perez (two home runs and four RBIs), got after Chicago's Jon Lester in their eventual 6-0 victory.

It is interesting that Schwarber is even playing in the Series. He was injured early in the season while playing in the outfield, and had few minor league appearances before being used as the designated hitter for Joe Maddon in the American League ballpark. (Sidenote: Schwarber became first position player to record a hit in the World Series after not registering a hit in the regular season preceding it).

Let me get this out of the way now to save suspense: THE CUBS WILL WIN THE WORLD SERIES! I apologize to the true Cleveland fans – you have a very good team. (I do not apologize to the Cleveland bandwagoners, because you will be sporting Chicago hats next year). But where do you start with Chicago? Is it their rotation that is so deep that the MLB's ERA leader, Liam Hendricks (2.13), is the Game *3* starter? Lester was second with an ERA of 2.44. Although he didn't do great in Game 1, Lester is also a very good postseason pitcher - with a mediocre 8-7 record, but an above average 2.60 ERA in 20 playoff starts.

Former Yankee Aroldis Chapman and former Mariner Mike Montgomery were both acquired midseason and have done an excellent job in the bullpen. And let's not forget their offense; led by Kris Bryant, Dexter Fowler, Rizzo, Zobrist and now Schwarber. The bonus is that they are managed by one of the best in the game, Maddon.

I am taking nothing away from Cleveland. I love Jason Kipnis, Mike Napoli and Francisco Lindor. Another former Yankee, Andrew Miller, mans down their bullpen. And Kluber and Trevor Bauer are a very good 1-2 punch. But the Chicago pitching, to me, is too deep. The Cubs will prevail in six games. Take a deep breath, avid Chicago fans – this team is the real deal.

Castleton Spartan

CASTLETON UNIVERSITY'S STUDENT NEWSPAPER

Wednesday November 16, 2016 CastletonSpartan.com Castleton, Vermont

Reactions to election a day after

By Briana Bocelli
Castleton Spartan

Disbelief, shock, and excitement flooded across campus as students, after a long night of waiting, finally learned who the new President of the United States would be. In a disquieting twist of events, Donald J. Trump was announced the next Commander in Chief early Wednesday morning.

Some students were taken aback by the turn-out of this election, as most national polls predicted that Clinton would win.

"I guess my reaction was, with all the stats that were showing Hillary was going to win, I was like alright, a woman president, and then when Trump won I was just - I was kind of surprised," said Bethany Fitzgerald, a sophomore athletic training major.

Although Trump is notorious for having a very bold opinion, especially on his social media accounts, Fitzgerald believes he has the potential to change.

"I hope he just does well and gets rid of the whole social media part of his life, like people just look at him in that way, and I just hope he does something to actively change that image," she said.

While many people based who they thought would win off the national polls, some ignored the polls and went with their gut feeling. Christian Procida, a senior communication major, knew Trump was going to win from the start.

"I said it since day one that he was going to take it, and a lot of it had to do with the fact that everyone was basing what was going to happen off these polls that they kept coming out with," he said. "When he took Florida, I knew it was over."

As pollsters all over the nation are at a loss for words with their extremely inaccurate predictions, many just want to know where they went wrong and how they went wrong.

"All of our predictions were wrong. Absolutely wrong, not even like a little bit wrong. It was a huge surprise, and caught everybody off guard. I'm a little despondent, I think, like anybody, if their profession were seen as kind of - knocked out from it's foundations," said Richard Clark, political science program coordinator and director of the Polling Institute at Castleton.

"We shouldn't be the people that know everything and try to tell people. We should be the people who are learning new stuff, and sharing what we learn as we go. But I think we got arrogant and I think we got a little too comfortable and confident in the methodologies that we use," Clark added.

Though many people were surprised Clinton didn't win, there were just as many people who were furious she didn't win as well.

"I'm actually shocked that he won - I thought for sure Clinton would be our next president. I'm disgusted that a racist, homophobic, sexist, ignorant asshole is going to be running this country after Obama has done so much in restoring basic human rights," said Haydn Renouf, a sophomore art and philosophy major.

Donald Trump does not support marriage equality, a right that has been granted across all fifty states by the Obama Administration.

"There literally could be no worse person in office," Renouf said.

Nick Gauthier, a sophomore nursing major, is sick about the results and was almost at a loss of words.

See Election on page 6

Big dreams to the big screen

By Carly Trombley
Castleton Spartan

Issac Bendavid was a senior at Castleton University last year. He was a communication student who was on the football team, and later commentated the games as his senior year internship.

Now, Bendavid, better known as Ike to his coworkers, is a graduate and about to begin his career at WCAX news in two weeks.

After months of interning at WCAX and learning a lot about the real-world business of mass media, he is ready and excited for the future opportunities.

Bendavid has been interning at WCAX since early summer. It was a last minute decision for him to apply online.

"I've always had this goal of being in broadcast media. I was more than willing to take a leap of faith and go anywhere," said Bendavid, "I was fortunate enough to know of a few people who worked there and I got a tour of the station."

After that, he got the call that he was in.

Being picked out of a group of others was flattering for Bendavid as he understands that there is significant competition in this industry.

"You're going against someone else out there," he said, "they're looking at me." While the internship wasn't paid and he still had to work a full time job six days a week,

Bendavid said that "even just being a fly on the wall is amazing" and that he is learning so much.

"It's was all about sticking to the goal that I really want to do this," he said realizing that it was worth all of the hard work, "a lot of it for me was shadowing the people who I am now working with." Interning with WCAX has given him opportunities that he had only dreamt about.

"A year ago I was in class Levenworth studying about how news stations cover elections and then all of a sudden I'm in the newsroom following the election."

CONTRIBUTED BY IKE BENDAVID

Former Casleton student, Isaac Bendavid, reports for WCAX.

The entire communication department at Castleton was an outlet for Bendavid. Whether it was searching for internships or writing letters of recommendation they were just as determined as he was to help him achieve his goals.

"He was a great student. I think he was one of only five, maybe six people who graduated with honors last year in the communication department," said Bob Gershon one of Bendavid's communication professors.

See WCAX on page 6

What disability?

Blind student flies plane, performs in Castleton marching band

By Catherine Twing
Castleton Spartan

A plane sits on the tarmac at Albany International Airport, preparing for a trip to Atlanta. A 7-year-old Chad Erickson is led down the aisle of the plane by flight attendant before his first trip into the sky. The trip that would spark a passion for aviation.

He carefully counts the seats in each row.

Two on the left, two on the right. Two on the left, two on the right.

Then at the fifth row, the pattern changes – three on the left, three on the right.

As the plane takes off, Erickson shouts "We're going to the moon!" while many around him chuckle at the analogy.

Most people would not pay so much attention to these details, but for Erickson, who has been blind since close to birth, this information helps him understand the world.

The now 19-year-old was born after just 23 weeks gestation, with retinopathy of prematurity stage 5; a condition that develops when "abnormal blood vessels grow and spread throughout the retina," according to the National Eye Institute. The condition affects 400-600 prematurely born infants every year.

After his birth in June of 1997, he remained at Dartmouth-Hitchcock Hospital until November.

"It was really hard, especially after I was discharged from the hospital and went back to Vermont and he's in New Hampshire," his mother, Connie Erickson said, getting choked up talking about those emotional months, even years later. "I got several pages from the hospital telling me that they didn't think he would make it through the day, did I want to come and say good bye? I wouldn't, I couldn't do it. I fought for him and to me it was like going over there and telling him it was okay to die on me, and it wasn't."

Although an adult now, his mother still fights for him.

"We were originally from Vermont and we moved to Florida 11 years ago so that he could get what we thought was a better education from the Florida School for the Deaf and Blind, but that didn't work out. He was bullied there," she said.

PHOTOS CONTRIBUTED BY CONNIE ERIKSON

Blind student Chad Erickson is led down the field during a marching band performance, above, and takes the controls of a plane, below.

She then enrolled him in mainstream schooling for 9th and 10th grade, but there he found more challenges, specifically when it came to marching band.

"That marching band teacher was going to put Chad in a chair and stick him in front of the audience," she said. "That marching band teacher, at the end of Chad's 10th grade year, said he was all done with music and done with the band."

This was shocking and disappointing to her since ever since he was a baby, music has been his passion.

After enrolling at Fletcher High School in Neptune Beach, Florida, things finally turned around.

See Blind student on page 6

Skiers: It better snow!

PHOTO COURTESY OF KILLINGTON TV

Junior Ryder Hathaway takes advantage of the early snowfall at Killington in October.

By Catherine Twing
Castleton Spartan

Vermont means cold, and cold means winter, and winter means snow. Right?

Well, after last winter's lackluster snowfall, no one is sure of anything anymore.

In 2016, Killington Resort has received a total of 70 inches of snow from January through today. Twelve of those inches fell on Oct. 28 and made up the largest individual snow event of 2016 thus far, according to onthesnow.com. The previous highest snow total of 2016 was an underwhelming seven inches on Feb. 26.

Killington opened to season pass holders on Oct. 25, and to the general public on Oct. 26. Junior Ryder Hathaway has already taken advantage of the early season snow.

"I've gone three days on snow so far and it's been really great," he said. "The first week of Killington was super awesome, with a great mixture of natural and man made snow, which made for super great riding conditions."

Although man-made snow helped Killington and other mountains make it through the winter last year, some help from Mother Nature would be greatly appreciated.

"I'm hoping this season will bring more natural snow, with plenty of pow days, and great times with all of my buddies," Hathaway added.

But perhaps no one wants snow more than the Castleton University alpine and Nordic ski teams.

"Last season could not have been a worse time to try and start a Nordic ski team, but we survived," said Castleton's Nordic skiing head coach Marty Maher. He explained that the team was able to train at Mountain Top in Chittenden and in Middlebury last season, but never on the rail trail here on campus.

"Our first few races last year were relay races on shorter courses due to lack of snow. We are just hoping that we will not have to go through that again this year," he said. "Everybody in the east was in the same situation and when we did get a little more snow to ski on, we lost a race due to the cold temperatures."

Eight new recruits joined five returners for the team's second season, and they started dry land training using roller skis in mid-October. They have a goal of making it to Nationals in Bend, Oregon in March, which will be made easier with natural snow to train on.

Freshman Carley Patch, a new recruit on the women's Nordic team, is looking forward to improving as an athlete and competing at the collegiate level, which will be made easier by a good winter.

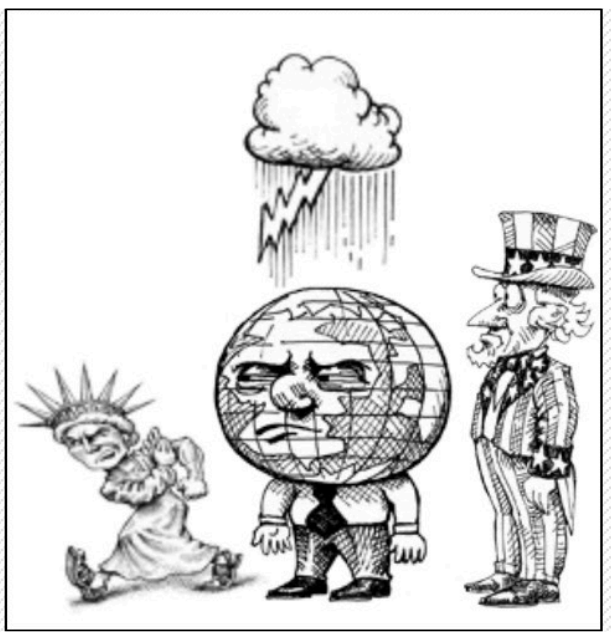
See Let it snow on page 6

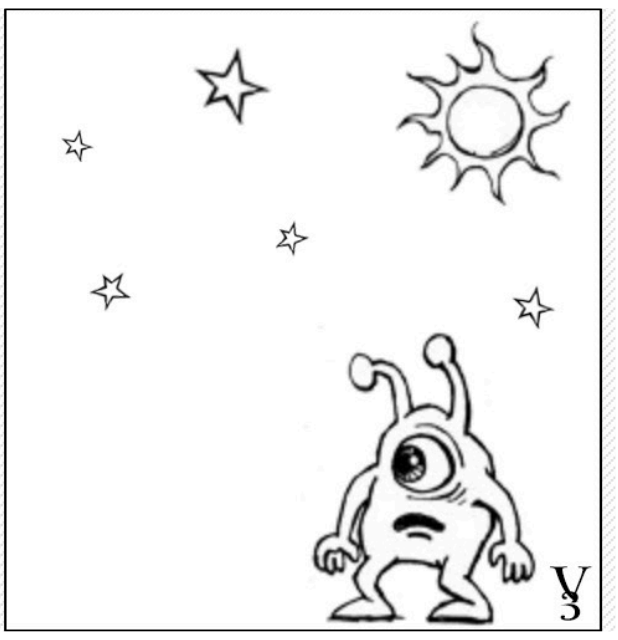
Free rides

PHOTOS CONTRIBUTED BY BRIAN HOGAN

Scooters left by students after classes ended were collected by facilities worker Brian Hogan. His son, 12-year-old Henry, has painted them and now they're being placed on campus for students to use for free.

Editorial ▷Page 2 • News ▷Pages 3 & 4 • A&E ▷Page 5 • Front & Back ▷Page 6 • Sports ▷Page 7 • Sports ▷Page 8





Relationship violence is no joke

By Shannon Fischer
Castleton Spartan

It was a typical boring evening at college and I was scrolling through social media rolling my eyes and laughing at the obscene posts that people write and share. I came across a post that is going viral for its ignorance and its lack of humor. Before my very eyes I see a couple in their "Halloween costumes." Except these weren't your typical couple costumes.

In the picture there is a battered wife and her abusive husband. You can see the girl with her bruised face and bloodstained lips, which she used make up to create. Her boyfriend has his hand around her neck putting her in a chokehold. These two senseless human beings thought turning abusive relationships into a costume was cute or funny.

According to www.loveisrespect.org, one in three adolescents in the U.S. is a victim of physical, sexual, emotional or verbal abuse from a dating partner, a figure that far exceeds rates of other types of youth violence. One in 10 high school students has been purposefully hit, slapped or physically hurt by a boyfriend or girlfriend.

Why couldn't this couple go as a hunter and a deer or a cop and prisoner? Instead they chose to go as something that real people endure.

They can make a mockery out of abuse but until you have someone you love put you in a chokehold and tell you they want to choke you until you turn blue or call you every derogatory name in the book, then you have NO idea how much suffering people in abusive relationships go through/or have went through.

I've been choked and pushed around, but I can take physical pain. What I couldn't take was the mental and emotional abuse. I couldn't take constantly feeling like everything was my fault, and that I was trapped with someone who "loves me." I was a prisoner in my own relationship and every time I tried to leave he would try or say he was going to kill himself, or beg for me back and say he would change.

I can take being called disgusting or being told that no one else will love me "as much as he does" but I couldn't take someone who chooses how they're going to get their next high over me or someone who's idea of romanticism is snorting lines of drugs together.

I survived the twisted hell I lived in for four years, but there are people all over the world who are still stuck and who are still victims of abuse, and they can't find a way out or get help.

Abuse isn't something to glorify. I've experienced it first-hand and it's sickening, heartbreaking, and traumatizing but it is certainly NOT funny. It's especially not something to recreate as a costume.

President Trump

Trump has been elected president. Seriously?

By Jadie Dow
Castleton Spartan

In March, I wrote a column about Donald Trump. I highlighted the reasons I would never vote for him, and tried to persuade others not to do so as well.

Over the last few months, I have really tried to understand why any human being would vote for him. I wrote an article about Trump supporters at Castleton, and spoke to many people about him.

I didn't go one day without defending my position about the election.

Then it happened.

He was elected, and I don't know what to think.

Yes, I agree, Hillary has flaws. Some of the things she does are corrupt and she doesn't sit well with many people.

But Trump? TRUMP?

Come on, America. A post on Facebook by a friend of a friend resonated with me deeply.

"If Hillary had won, many people would have been scared. Trump won and people are terrified. That's the difference," the post said.

I am trying, though.

I am trying to understand why this happened. I want to know why so many people from all over the country voted for a man who has personally offended so many, who acted unprofessionally so many times and no one predicted would ever be in power.

Seth Meyers put it perfectly on his talk show. In a minute and 12 seconds, he spoke everything I've been thinking for months. He highlighted that many people didn't want to vote for Hillary because of her email scandal, and compared her to Trump. The list was staggering.

•Called Mexicans rapists

•Claimed the president was born in Kenya

•Proposed banning an entire religion from entering the U.S.

•Mocked a disabled reporter

•Said John McCain wasn't a war hero because he was captured

•Attacked the parents of a fallen soldier

•Bragged about committing sexual assault

•Was accused by 12 women of committing sexual assault

•Said some of those women weren't attractive enough for him to sexually assault

•Said he would force the military to commit war crimes

•Said a judge was biased because his parents were Mexicans

•Said women should be punished for having abortions

•Incited violence at his rallies

•Called global warming a hoax perpetuated by the Chinese

•Called for his opponent to be jailed

•Declared bankruptcy six times

•Bragged about not paying income taxes

•Lost a billion dollars in one year

•Scammed customers at his fake university

•Bought a six-foot-tall painting of himself with money from his fake foundation

•Bragged about grabbing women by the pussy

But, yes, America, this was the right thing to do. Good job.

Trump has spoken about how we all need to come together at this time, and that he will be a president for every person in this country.

For the sake of this country, I hope that is true. I hope that he will become a more tolerant person and see that he has offended so many people. I hope that he does something about all of the hatred filtering through this country.

A friend of mine from Italy received a note that someone slid under her door that read, "Italians out. #Trump."

Seriously? SERIOUSLY? People are taking this election as a power source behind their hatred. Is this how we want to live?

I certainly don't.

Letter to the editor:

Professor explains poll mishap

On the weekend preceding the election, I was closely following a debate among political prognosticators over the odds of Clinton winning the 2016 presidential election. Nate Silver of FiveThirtyEight.com was being criticized for having the odds of a Clinton victory as low as 65 percent while Nate Cohn of the Upshot and the pollsters of Huffington Post all had much higher odds. The Princeton Election Consortium had the odds as high as 99 percent. By the eve of the election, Silver's forecast odds had risen to 71 percent, and many still believed that they were too low.

And then came the election returns on November 8, 2016.

WHAT THE WHAT? I was stunned. Every pollster was stunned. Even the campaigns were bewildered. How could we all have gotten it so wrong?

Political scientists have relied on polling as a primary source of data about citizens and voters, and since George Gallup opened the American Institute for Public Opinion in 1936, scientific polling has been a regular part of American political life. And in the early years of polling, citizens saw it a part of their civic duty to respond to polls; response rates were so high that no one questioned the representativeness of well-drawn samples.

With the rise in telemarketing and the advent of screening mechanisms such as answering machines and caller ID, response rates precipitously fell. The civic-mindedness compelling participation had dissipated, and refusals rose with the difficulties contacting respondents. By the late 1990s, even before the advent of cell phones, pollsters started to fret about the representativeness of respondents and the damage done by low response rates; however, an in-depth study by Robert Groves and other scholars (mostly associated with the University of Michigan) assured the polling industry that those who were being missed by our polls were only marginally different than those included in our polls. Additionally, for election polling, those being missed did not vote in large numbers, and when they did vote, they did not all vote is the same direction.

The presidential elections of 2004, 2008, and 2012, where the polls performed admirably, assured the polling community that we could live with polls that systematically omitted a small proportion of the public. In these elections, pollsters whistled past the graveyard as the non-response became non-factors.

Then came the 2016 election, which didn't look like any other election in history. And in this election, it is likely that the non-response that has lurked in the background of past elections mobilized and voted in a consistent direction (for Donald Trump), making the polling samples different from the actual electorate just enough to cause the polls to miss the mark in several key states.

Of course, this is just a hypothesis that requires systematic, empirical testing, and that testing will be done over the next several months. A taskforce has been put in place by the American Association for Public Opinion Research, and the Castleton Polling Institute will follow the taskforce's work to understand what went wrong and how improve our methods. In the work of that taskforce, several hypotheses will be tested.

While Castleton's polling for Vermont Public Radio — too early in the election process to be predictive — had favored the eventual winners of every race we polled, we know that in a close election, we could have been vulnerable to the same errors as others in our profession. And while the profession of political polling may be damaged, the need to collect and disseminate public opinion data is too important to the integrity of our democracy for us to surrender. Instead, we will do the hard work of social science and continue — perhaps with less hubris and greater caution — to measure the preferences of the American people, and the people of Vermont.

-Rich Clark

Castleton Spartan
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Fresh perspective:

College is scary, but it gets better

By Marcello Taravella
Spartan Contributor

Holy Crap, I am still alive. I honestly cannot believe that I made it this far and I feel so good about it. Seriously, this was not as scary as I initially thought it would be. Though I knew college was not going to be easy, I did not want to deal with much more drama. For the entire Summer I was trying to prepare myself for this and keep my head up, but I could not help but be concerned with how it would turn out; whether it would be just like high school or better.

Coming to Castleton University, I was nervous like there was no tomorrow. I didn't know how I was going to survive in this environment. I knew there was no turning back from what would be an epic four-year journey. I was in some ways sad because I didn't feel like I was ready to take on the responsibility of what was to follow, but I could only hope for the best. I was pretty stressed out during my first week of school, as I was concerned with how my grades were (I still am) and wanted to have fun at the same time.

I tried to get involved with things as quickly as I could, risking the amount of free time I would have. I first auditioned for roles in the major theatre shows on campus and as well as for the chamber singers, but it didn't go out as successfully as I thought it would be. Luckily, I am in the chorale and did get a part in the Black Box show, "Letters."

However, something amazing had happened. I felt it deep inside as the semester took off. I suddenly had a burst of energy, one that would guarantee everything would be fine. However, I still have my moments where I think the exact opposite. Since then, I have been proud to be a college student and am glad that many people are respectful.

Since I started college, I have been able to raise my self-confidence and continue to keep my grades in good standing while at the same time, somehow maintaining a social life. Thanks to meeting new people and doing new activities on campus, I am enjoying life as a college student and I feel more free to be myself. This is a feeling that I haven't felt in long time.

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Greenhouse club holds plant sale

By Chris Procida and Shane Hurley
Spartan Contributors

Students at Castleton University usually have their eyes glued to their cellphones as they dreadfully make their way to class, but the Castleton Greenhouse and Garden Club recently gave them a reason to look up.

On Oct. 27, the club set up an array of different plants outside Jeffords Auditorium for their fall semester plant sale.

Club President Aubrey Keough and Castleton Greenhouse manager Mary Droege catered to students and community members, informing potential costumers about the variety of plants. After decisions to purchase were made, Keough and Droege would then delicately package the plants in long sleeves of plastic to ensure a safe trip to their new home.

As students passed by, various plants seeking a new home caught their eyes. The table sported coffee plants, plush plants, cape aloe plants, and sensitive plants, which get their name from gently moving, when they are touched.

Filled with a passion for the environment in mind, students had different reasons for purchasing their new plants.

"I missed all of the other ones because I usually forget to bring money," said Ashley Smith, a senior environmental science major.

"I just love having plants," said said, although she admitted she finds it difficult to keep them alive.

For Kelly Beckwith, director of the Academic Support Center here at Castleton, this was not her first time purchasing plants from the club. She finds herself buying plants from time to time, looking to add to her already vast plant collection. When asked if her purchase would find its way into her home, she chuckled saying, "This one is going in my office."

Before she took over management of the greenhouse here on campus, Droege felt it was "being very underutilized."

"With the addition of my position in the fall of 2011, it gave the capacity to manage the greenhouse in the way it should be," said Droege. "It's such an incredible resource."

Proceeds from previous plant sales have helped fund improvements to the greenhouse and garden including adding more plants, flowers and even picnic tables for students to sit and engage themselves in the environment.

The $285 raised from this sale will go toward equipment needed for the clubs aquaponics project, which involves growing produce through the use of the nitrogen cycle. The roots of the plants are placed in water and receive nutrients from fish living within the system. This can be done both indoors and outdoors and requires less water.

For any information on joining the Castleton Greenhouse and Garden club contact President Aubrey Keough or club advisor Mary Droege.

SHANE HURLEY / SPARTAN CONTRIBUTOR

Students, faculty and professors all purchased plants at the plant sale on Oct. 27.

'I forgot all my problems'

International student describes her change in perspective after volunteering

By Bahdja Sehli
Spartan Contributor

When I was younger, I loved life. I thought that the world was a peaceful place. This world was where we could have fun, laugh and simply enjoy our lives. When I got older, I started to understand that I live in a world full of numerous trifling events filled with violence. I started to notice many poor people, homeless and sick, who needed help. I felt heartbroken when I saw them like that. I did not understand that they were suffering beyond a point that no one could imagine.

Every time I saw one, I would give to charity, and I thought that was all that I could ever do to help them. I thought that all that they needed was money, but all I could give was dimes. I wasn't a person eager to do community service activities at that time. I didn't know much about the concept, and I just didn't try to engage in it.

A few years later when it became the month of Ramadan, something different happened, and it changed my life. Ramadan is one month of the year where Muslim people fast from the dawn to sunset and pray dutifully. During this period, Muslim families visit each other, spend time together and try to do almost anything that helps people, animals and the environment.

One of the nights, all the family gathered in the common room and watched the news on one of the Algerian channels. I was not interested in news so I didn't watch with them. I was sitting in a corner playing with my phone. On this news, they showed some bad events that were happening in the country that affected my cousins, so they decided to do something and had the idea of going to one of the lesser-privileged hospitals to visit the patients and give them syringes and water. My cousins needed someone to drive them there so they asked me. I agreed to just drive them there and come back. When we reached the hospital, they could not hold and carry all that they had brought, so I said, "I will help you carry this upstairs, and then I'll go."

PHOTO ON LEFT CONTRIBUTED BY BAHDJA SEHLI / PHOTO ON RIGHT ADAM COOK / CASTLETON SPARTAN

A news station in Algeria provides an example of what Bahdja Sehli saw at a hospital, left. Sehli spoke to her Media Writing class about her experiences volunteering in an impoverished part of her country, right.

This was the first time I had visited the hospital. When I entered, I opened my eyes and mouth widely. I was totally shocked by what I saw. The hospital was in a very bad shape and the smell was awful. I was walking in some corridors that weren't as clean as they were supposed to be and I saw some injured people walking and looking for nurses. I didn't even know how they were standing. I walked toward another corridor where I heard the screams of pregnant women, who had to wait for their turn with the doctor. My skin trembled and I felt so scared. The hospital didn't seem as I expected before at all. I was so surprised.

I decided to enter a room and talk to the patients, so I told my cousins that I would stay and help them until they finished. The first room I entered was small with a big window where you can see the newly born babies. They had puffy faces, wearing white and lying in small bassinets. A nurse came and told me that some of them are orphans and they had no water or syringes. I took a glance at the window seeing these small babies and I felt that they were very weak. That moment was heartbreaking.

I went to the second room in another corridor which was so quiet. There was an old woman lying in bed. There was a small table next to her where she put her medicine, and an empty chair in the corner. Nothing else was in this room. I brought the chair next to her and we talked a little. She told me a lot about herself and then she said, "I feel so happy seeing you here, I was feeling so bored and lonely because no one came to visit me." In that moment, I felt so sad leaving her, but we had to complete our work before visiting hours ended. When I left, I kept thinking about her because being sick makes you feel weak. You need care and people around you, so what if you are an old disabled woman and no one is sitting by your side? I figured that needy patients can suffer both physically and mentally.

Then, I moved to another room where I found another woman. I gave her the bottle of water and she held it tightly as I gave her gold or diamonds. She seemed very content, and then she told me, "I want to thank you for this bottle because I had only few sips of water in two days and haven't eaten anything since the first." I could feel for her because before I fast I eat a lot of food, and even though I know that after the sun sets I will eat more. I still feel starved during the day, so I was just thinking about her. She didn't eat enough before, and she doesn't know when she will again.

I couldn't sleep that night. The scenes that I saw were repeating in my head every single minute. The words that I heard were still ringing in my ears, and I had feelings that changed my whole perspective. It made a great impact on me.

I forgot all my problems and I didn't think that I could call them problems anymore. When I saw where people spend their days, while they live their hardest moments, when I could know how much people can suffer physically, morally and face the most challenging difficulties in their lives; then I knew the real meaning of the word problems.

I wasn't aware of how some people in my community can live such harsh lives while we live the good, easy life. I felt I should have watched the news, gotten educated about how some people live, cared more, asked about them and tried to help in anyway.

I learned that money is not the only way that you can lend a hand. Even smiles, words, visits or anything helps. You can never know how what you do will help the other person.

This experience taught me a lot and shaped the person I am today. It changed me in so many ways. I became more aware about my society and became very interested in community service. At first I couldn't find an organization that has girls who worked for them, but I found an educational program about learning the English language that also had some activities related to leadership where they used to do community service activities.

I traveled to the United States to learn more about community service, expand my knowledge in this field and learn many new ideas about how you can help people. I'm sure that my experience in America will assist me with helping and developing my community when I go back home.

Now I don't see the world as a horrible place, since I know that there is something called community service. I'm sure that the world will get better if people help each other and work for the environment.

Senior social allows students to network

MARTIN VANBUREN III/ CASTLETON SPARTAN

Senior Pantira Ratanapratum attended the senior social on Nov. 9 and networked with alumni for post-graduation plans.

By Nicole Webster
Castleton Spartan

The 1787 Room was filled with students and alumni from a variety of majors seated at round tables and getting to know each other while snacking on some seasonal food like cider and cider doughnuts.

It was Nov. 9, and Castleton seniors and alumni gathered for the Senior Class Social. It marked the fifth year that the Alumni Office officials, alumni and senior class members have gathered to celebrate and help the seniors who are graduating in December and May network and prepare for the real world.

"Graduating seniors get the chance to connect with an alum in their major. Each year it's grown and grown. A lot of alumni come back, which is what we hope for," said Mary Quinn '60, one member of the Alumni Board who helped put on the event.

The idea of the event is to give current seniors a chance to connect with alumni who have made it into the workforce since their time at Castleton and ease the minds of seniors who are nervous about life after CU.

Toni Lobdell, from the classes of 1971 and 1986, said the event started as a celebration for seniors who were graduating in December, but parents suggested that they have alumni come socialize the next year. Since they didn't want to leave anyone out, they also invited seniors graduating in May.

"We invite alumni from all fields to come answer questions and network with students … Alumni love to have seniors contact them asking about jobs," Lobdell said.

Students were taking the opportunity to learn more about what other people from their major are doing after graduation.

Patrick Shortle, from the class of 2011, was a theater major and music minor at Castleton who currently works for a beer distributing company. He has also been a volunteer firefighter, and para-educator.

"I can talk to students about that fear of "what am I going to do" because I had that for almost two years and can help put their minds at ease," Shortle said.

Seeing where alums are now did help ease student's minds.

"It's cool to see where they interned versus where they are now," said Lacy Parmenter, a senior communication student.

Students got the chance to see that they might not necessarily end up where they think they will, and were told that it's ok.

Shortle has done some theater since graduating from Castleton, like in the "Rocky Horror Picture Show," where he met his wife, and an improv show, which he said would be his main source of theater if possible.

"Making connections and the more people you meet means you can add more to your resume," Shortle said.

He said that it's good to explore your options because you don't know where you'll end up.

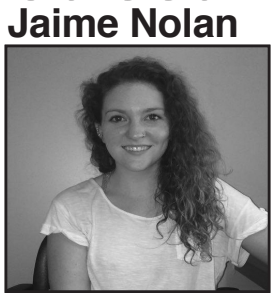
"I like seeing the variety of jobs," said Catherine Twing, a senior communication student.

People who graduated with journalism concentrations are now working in public relations and one for the Alumni Office at Castleton, but like Shortle, they said they are happy where they are in life and excited to share that with seniors.

"We're hoping for younger alumni to come back because it's one way for them to give back," Quinn said.

Word On the Street

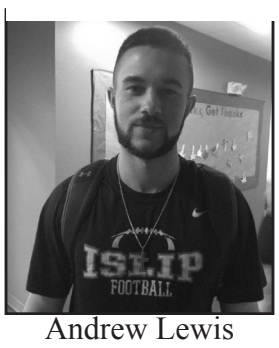
Jaime Nolan



Question: Describe your feelings now that the election is over.

Savannah Graves

"I feel ashamed that in a nation known for its freedom and acceptance, built on the values of hard working immigrants and members of the global society, we have chosen a man who displays discrimination, the lack of support for women's rights and pure ignorance to represent our incredible country that has been deemed a safe haven from the harsh injustices in our world."



Andrew Lewis

"I'm not a big Hillary guy so I was always Kasich supportive. With Donald I'm content to say the least."

Grace Purcell

"I feel that many people from both parties cast their vote based on fear of the opposing candidate. Now that Trump has won, he has a lot to live up to."

Keogh Darling

"A little scared. I'm pretty nervous about what's next for our country."

Sam Green

"We are really insulated where we live and get to pretend things don't exist and aren't true and are ridiculous. Now we are being forced to see that we are not a post racial society. We aren't a post anything society. A lot of stuff is still alive and well. That's what's scary."

Inside look at professor Doe Dahm

By Adam Cook
Castleton Spartan

Dorothy "Doe" Dahm is a member of the Castleton Academic Support staff, and a self-described anglophile. In addition, she teaches several classes at Castleton and works with the Castleton Support Team.

ADAM COOK / CASTLETON SPARTAN

Q: How long have you been at Castleton?

A: It depends. I've been here in different capacities. I started tutoring here at the Academic Support Center since 2009. I've been teaching part time in the English Department since 2013. I've had quite a few positions here.

Q: According to your biography, you teach both English Composition and Effective Speaking.

A: That's out of date. I've taught quite a few classes here at Castleton. This semester, I'm teaching Touchstones of Western Literature, Expository in Argumentative Writing. In the past, I've also taught an independent study in technical and professional writing.

Q: What do you like about your jobs?

A: I really appreciate the variety of work I do on a daily basis. I've held a variety of positions here, so I feel as though I've gotten to know students on different levels and had an impact on them, both in and out of the classroom. I like the fact that I'm always learning. I always feel that every semester I become a better teacher.

Q: What don't you like about your jobs?

A: I suppose.. it's not a matter of disliking it, but you can't always reach every student. Not every student is going to be successful. I wouldn't say I dislike that, but it's just a constant reminder that we're all human. We can't do everything.

Q: If you had to pick a favorite class that you've ever taught, what would it be?

A: Again, difficult. I feel I've learned a lot from all of them. I have a special affection for Effective Speaking, because I really get to know the students. They begin the semester dreading the class, and then they open up to each other, to me, and we usually have a lot of fun together.

Q: How does Falmouth University compare to Castleton?

A: Well, it's completely different. It's a British university. It's a small arts, media, and design college on the Cornish coast. It's very different from Castleton; it's got more of a focus in those areas. I have a lot of affection for both institutions. It's a very different student population. The two countries have very different educational systems.

Q: What brought you back home to Castleton?

A: I finished graduate school in 2008. I tried working in the UK for a little while, ended up having to return to the US. I ended up doing freelance writing, and I got a part time position here. One thing lead to another, and my roles grew.

Q: What was your article in Cat Fancy about?

A: That was a lot of fun. I profiled an Anglican nun who runs an animal sanctuary in the eastern shore of Maryland. She takes in lots of cats, and she's written some books on her sanctuary work. That was a very fun assignment.

Q: Do you own any cats?

A: I am owned by a Maine coon mix. (laughs) I am her very humble servant.

Q: You are also involved in children's literature, correct?

A: I have a blog. It's delayed at the moment. I review biographies written for children. I sometimes interview authors and illustrators. I also taught a class at Castleton called 19th Century Children's Literature.

Q: What is your favorite children's book, and why?

A: I'm very fond of "The Moomins", a series of books by a Finnish author, Tove Jansson. I like them because they're very whimsical. There's something slightly subversive about them, as you often find with Scandinavian children's literature.

Q: Your actual name is Dorothy. How did you get your nickname?

A: Doe? I've been 'Doe' since I was eighteen, since I started college. It's a shortened version of a family name.

Q: What is the biggest thing a student has taught you?

A: My teaching experience has shown me there are different paths to success. Some students seem very academically adept, but may not succeed as much as those that persist and work hard.

Q: Is there anything you want anyone to know?

A: I hope that students know that faculty and staff care a lot about them individually. They're really lucky to be a part of a community that value students individually. They should take advantage of that while they're here.

They want your card

JAMIE YAGER / CASTLETON SPARTAN

Students have noticed an increase in credit card theft in recent years.

By Liam Welsh
Spartan Contributor

Castleton student Lacey Parmenter was at Kinney Drugs getting Advil and a protein bar, a simple $6 transaction. She swiped her credit card and saw the words 'Invalid Purchase.' After trying to run it through as debit with no success, she realized something was wrong.

"It was all I had on me, so I left and called my mom to see if she had any problems too, and she said she did, but she could use the ATM, so we just kinda thought it was a bank thing," she said. "Sure enough a few hours later she called me and was like 'Someone actually tried to use your card in Dallas this morning at a Chase Motel.' And I was like 'Umm, I'm not there.'"

She switched over to a chip-reader card a few weeks before her account was hacked, so they used information from her non-chip card and were unable to successfully make any of the purchases they'd attempted to. Had the hackers been slightly quicker though, she said "she would've been toast."

Do you own a credit or debit card?

If you answered yes to that question, you're part of the 70 percent of Americans who have at least one card. But how much do you actually know about that thin, little piece of plastic you carry around almost everywhere. More importantly, how safe do you believe your finances are?

Credit cards use data, and data can be hacked rather easily. In fact, Creditcards.com reported 32 data records were lost or stolen every second in 2014. That reflects worldwide data breaches, however the United States alone accounts for 72 percent of those occurrences. Based on that statistic, U.S. citizens face potentially the highest risk of having information or money stolen through their card.

Simply accessing someone's credit card number may be easy to some scammers. They often devise schemes to get the information out of you in a variety of ways, from pretending to be a person who works for a credit card company to claiming a relative has been held hostage. The latter was a common scam in Chittenden County this past summer, according to WCAX News.

Whether you're aware of it or not, we all probably know at least one person who has fallen victim to some form of credit fraud or theft.

While attending a music school in Manhattan, Alec Welsh became a credit card scam statistic.

"I was the victim in two separate scams ... Now I'm not sure how safe my information is," he said in a recent interview. "The first was my own fault. I was naive and tried helping a guy out, but he ended up just screwing me over. I think that scam somehow brought my information into like, a network of scammers, because not long after, I was subjected to another scam involving my card. I've since had to change my info."

While he is an example of a cardholder facing trouble in a major city, the risk is still high in rural areas as well – even in Castleton. Student Nicole Webster wasn't as fortunate as Parmenter, in that she did lose cash.

"My bank called me and told me my debit card was being used in Canada. And it was weird because they were using it at restaurants, which normally

By Liam Welsh
Castleton Contributor

you need the physical card for that," Webster said. "The bank called me the day after they were using it because they actually tried to overdraft my account."

She then went to her bank and began a process to figure out how much of her money was spent. Once everything was tallied up, the bank was able to cover the loss, but had the activity been reported a few days later, they might not have been as helpful.

According to the Federal Trade Commission, if you report theft more than two days after it occurred, you could lose as much as $500 the bank may be ineligible to replace.

Logan Tow, a junior at Castleton, had an experience similar to Webster's. His card was being used in Washington D.C. for a day before his bank let him know.

"I guess they went to Ruby Tuesday twice and then to a movie. I think it totaled out to something like $75," Tow said.

The suspicious activity was reported in a timely manner so he was reimbursed by his bank. Credit card hackers generally make a series of smaller purchases, before making a major one and really hitting your bank account where it hurts.

Lisa Kelly, a teller at Citizen's Bank in Castleton, spoke briefly about credit card theft.

"There's no one way to avoid theft. It can happen in many ways. One thing I do to prevent it is keeping separate accounts. I use one for online shopping and things of that nature, and the other where I keep most of my money," she said.

But while there's no guaranteed method to protect yourself from credit card theft, there are steps that can be taken to prevent it. Notifying your card company when you travel, being careful with your receipts and banking statements, keeping your card in eye range when handing it over to a cashier, or even keeping cards separate from your cash wallet are a examples.

The main thing is to be aware of the reality that scammers exist and want your information.

Tattoo shop comes to Castleton

CONTRIBUTED BY ROHIN SAINI

Tattoo artist Anthony Patorti inks a work of art on a satisfied customer.

By Rahin Saini and Jessie Rowe
Spartan Contributors

Next to the only streetlight in Castleton at the four corners, you will find a newly renovated tattoo shop.

Electric Tattour is a heavy-metal-playing, bright-green-walled, great-atmosphere shop that offers a younger style of tattooing, perfect for the young college community.

"Professionalism and clean, safe tattoos is our motto," said the owner-artist Anthony Patorti.

Having started tattooing in 2012 at age 27, the Rutland county native and his apprentice, Jeff Adams, offer clients over five years of combined experience.

Formerly located in Whitehall, New York, the business received approval from the state of Vermont to open up shop in town. It had long been Patorti's dream to offer tattoos in his hometown of Castleton, but he stressed how hard it was to obtain the licenses to get here.

Since moving into its new location in June, the shop has hit the ground running with most of their clients being Castleton students.

"Business is 100 percent better in this location," Patorti said.

The popularity of tattoos seems to be on the rise, but they can often be too expensive for a college student. Recognizing the local market, Patorti said he strives to take care of students.

"We offer 20 percent off tattoos for first-time customers with a valid student ID," he said.

They also offer specials every once in a while, like $13 tattoos on Friday the 13th.

Despite the stigma that comes with a tattoo shop, clients say Electric Tattour offers a clean, friendly atmosphere that keeps them coming back.

"I've gotten five from them," said Castleton senior Seldon Hill. "It's very inviting and Anthony and Jeff are cool guys and make you comfortable with the experience."

The goal of the shop is centered on being a sort of tattoo family, Patorti said.

"I can tell you the names of everyone I have tattooed and what they got," Patorti said. "It's all about respecting everyone that comes through the door and making the experience as relaxing as it can be."

CU presents puppets and possession

By Jadie Dow
Castleton Spartan

"Hand to God" is about a woman grieving the loss of her husband. That's what I had to keep telling myself throughout the play.

Behind all of the vulgar acts and the offensive comments, there was a real story. It was about a woman and her son trying to cope with the recent death of their husband and father.

Jason, played by Ryan Mangan, is a teenager struggling to understand his father's death. He knows his mother needs him to be there for her, but he has a lot of anger built up toward her. He thinks terrible thoughts, but overall tries to be good.

When his mother, Margery, played by Shaughnessy Gower, decides to pour herself into the church and put on a puppet show for the congregation, Jason has to be a part of it.

It's only after he finishes making his puppet, Tyrone, that things start to go awry.

Tyrone begins to take over Jason's life. He says everything Jason is thinking, and does not allow him to hide within himself. Of course, this also includes screaming about masturbation and helping Jason get a date with the girl he likes, Jessica.

Honestly, this was the weirdest play I have ever attended.

And I loved it.

I loved that it all took place in a church in the south. I love that even though Pastor Greg, played by Thomas Tifft, started out saying things like "oh heck," he ended by saying, "I can beat the shit out of you."

I loved that every single person's accent was absolutely perfect. Not one time did any of the cast waiver from their accent.

What we really need to talk about, though, is how amazing Mangan was. He basically played two characters, and it was amazing.

I really believed that Tyrone was someone else. He went back and forth between the two mindsets with grace. He truly embodied both characters. And it was hilarious.

Gower was awesome. That's the best word to describe her performance. Her character was conflicted the entire time. She was trying to be perfect, when in reality, she was struggling more than anyone.

I mean, she probably didn't have to have sex with a teenage boy, but that goes without saying.

Tyrone got him though, he bit off his ear.

But I'm getting off topic.

MARTIN VANBUREN / CASTLETON SPARTAN

Ryan Mangan had the leading rolls of Jason and Tyrone in Castleton's most recent production Hand To God.

The direction behind this play was absolutely insightful. Rich Cowden did a magnificent job. In his note from the director in the program, he noted that he had never seen the play. That's so cool. This means that everything done on the Castleton stage was right out of Cowden's mind.

I would love to see what else he has in store.

In the midst of all of the chaos, the whole story is really about grief. It shows that we need to be honest with the ones we love, even when it may hurt them. We need to allow ourselves time to grieve the ones we've lost, but we also need to live after their gone.

It was a very vulgar and inappropriate play, but I think it will resonate with a lot of people if they really dig and try to see the message behind it all.

Cowden said it best in his director's remarks.

"If you can look past the foul language, sexuality, and relentless lampooning of religion, you'll find a tender story of a mother and son, driven apart by tragedy, struggling to rediscover their love for each other."

Event shows power of comedy

By Nicole Webster
Castleton Spartan

The front half of Casella Theater was packed on Nov. 3 to see the Reduced Shakespeare Company talk about their show, "The Complete History of America (abridged)," which played at Paramount Theater that night.

Reed Martin and Austin Tichenor from the Reduced Shakespeare Company, and professor Richard Cowden, fielded questions from the audience and explained what their show was about.

"We take long, overly serious topics and make short, sharp comedies about them," Martin said.

The company's first show was the "Complete Works of William Shakespeare," and there have been nine more shows since. Though they started in the United States, they have become more famous in England.

In London, the company is a household name, according to Martin and Tichenor.

Just because they aren't a household name in the United States, doesn't mean they don't have fans here.

Toné Sawyer, a senior at Castleton, has been a fan of the troupe for years and loved seeing them.

"When I first heard that Soundings was putting on an event involving them, I had to go. The event went just as I thought it would; hilariously!" Sawyer said.

Students who didn't know about the company also enjoyed the Soundings events.

"They were super, super personable. They were very versed in their talk and you could tell they were doing it out of love and were very passionate about it," said junior Jenna Goldsnider.

When Cowden was introducing the lunchbag event, he said that the organization got some flack for bringing comedies in as Soundings events, but he defended it saying "comedy is absolutely an art form."

And students, by the way, are totally in favor of having funny Soundings events.

"I believe that comedies make wonderful Soundings events because who doesn't enjoy to laugh? If it is able to educate an individual as well as entertain them, I think it is a job well done," Sawyer said.

Students didn't love the lunchbag as much as Sawyer loved the performance, though.

"It was a little boring to listen to them talk for that long about the performance," said sophomore Kennedy Mitowski, who thought they would be doing a preview of the show.

Not everyone thought that it was boring, though. It even made them want to go to the performance that evening, which is what Cowden had hoped for.

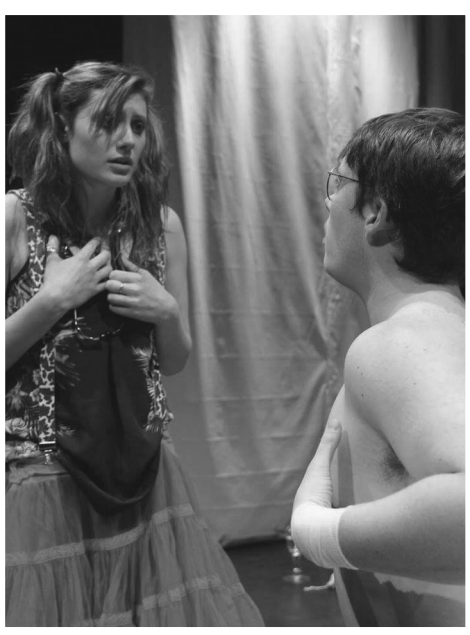
"I wish I could have gone to the performance that night because it seemed like it would be really funny. Comedies are absolutely great for this age range because it's good for stress and makes them want to go," Goldsnider said.

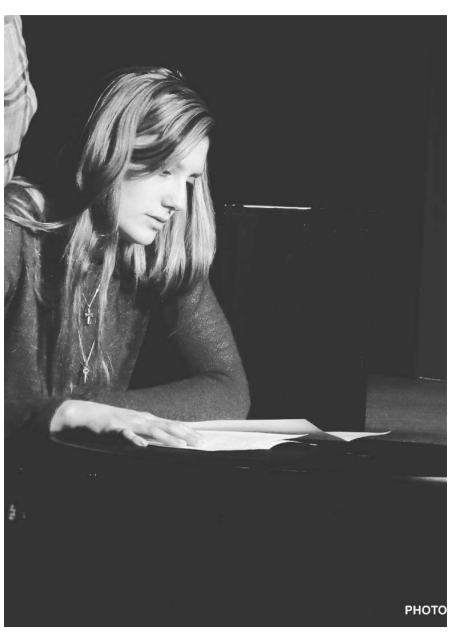
Seeking stardom

Junior hopes to make it in film industry

PHOTOS CONTRIBUTED BY ERICA JAMES

When she's not in class, on the stage in the FAC or behind the scenes, junior Erica James makes independent films with a company in Granville.





PHOTO

By Nicole Webster
Castleton Spartan

Between taking 21 credits, being a community advisor, acting in two directing finals, doing everyone's hair for the main stage production of "Hand to God," and taking a monthly acting class in Boston, it wouldn't seem that junior, Erica James, has free time for anything.

But she's still somehow making time for chasing her dreams.

With all the other things that James is doing, she is also making independent films with a group from Granville, New York. They have recently teamed up with HorrorSociety.com to make a short film called "Into the Witching Hour," which she will star in.

"I started doing community theater in Springfield, Vermont and the director I had was involved this group of filmmakers in Granville, New York. They're called Espience Films and he called me up one night and was like "hey I am working with these guys and they're looking for a female for this role" and I was like "Heck yeah! I would love to be in a movie," James said.

And that's how it all started, according to James.

Her mom had a different story of how her daughter started acting though.

"She's been doing this since she was 2 years old. You would have thought there was a room full of people if you were in another room listening. She would carry on conversations like improvisations on a stage. She used to tell me "Mommy, one day I'll be a movie star, a famous actress known all over the world and I will always take care of you," Cheryl James said.

Her mom also mentioned that her daughter has never been camera shy, which is a good thing for the independent film acting she's doing now with Espience Films.

"Into the Witching Hour" is their newest project and will mark the first time James is paid for her work acting, but she believes that doing all the prior movies for free was worth it and paved the way.

"I would be travelling to New York and not be getting paid for my time, but it's worth it because I'm getting my name out there. You have to start small before you make it big. You typically don't start off getting paid as an actor," James said.

The independent films are getting her name out through YouTube, the connection with Horror Society and through sending films to festivals. She was in another Espience film called "The Man on the Phone" and in a mini-series "And Then They Came."

James believes that she her determination will get her where she wants to go in life and she has a lot of support.

Her fellow actor, Dalton Jesse Cummings, who is the director of one of her current shows, and is her boyfriend, has total faith in her.

"I feel like she is very determined and she has that sparkle that makes her stand out from everyone else… If anyone can be as determined as her, they will make it," Cummings said.

He is even willing to move to California with her when they graduate so she can start auditioning for acting jobs.

James is currently taking 21 credits so she can graduate a year early, with Cummings, and head to California.

See Determination, page 6

Country music: the great divide

By Aaron Wallace
Spartan Contributor

When stepping through the halls of a Castleton University dorm, a lot of music can be heard. Pass suite 201 of Castleton Hall, and it's the band Cream. Keep strolling and it's mostly hip-hop coming out of 205.

But if you walk up the stairs and take a left to 306, it's country.

Country music has developed into a genre that leaves people wondering if they should like it or not and for most it's a very obvious answer.

YES!

Or

NO!

The tone of a country song can change the mood of how a person feels. Mal Smith is a senior who loves that tone.

"It makes me feel good and is a reflection of my life. I think most people who like country, feel like I do," Smith said.

Country music is now more popular than ever and more hated than ever.

Senior Jadie Dow is a hater.

"It's all the same and it's not impressive at all. I like rock and roll with awesome guitar solos and drumming that actually takes talent," Dow said.

The in between is hard to find because of the opinions people have on this subject. The argument has caused a divide between music fans and even other country artists.

In 2013, Zac Brown referred to Luke Bryan's number one song "That's My Kind of Night" as, "the worst song I've ever heard," according to Entertainment Weekly. The comment led many other country artists to take sides.

Jason Aldean posted on Instagram in response to Brown.

"To those people runnin their mouths, trust me when i tell u that nobody gives a shit what u think," Aldean said.

Although Aldean's response was harsh, Brown received support from artists like Allen Jackson, Kacey Musgraves, and Gary Allan.

This argument has also created a small rift amongst friends. Dow said its tough hating country because so many people enjoy it – including her friends.

"I don't like country and would prefer to listen to something else. Usually they don't listen to me," Dow said.

Country music has always tried to break through into pop and in 1989 it did enough to make it stay. Artists like Ronnie Milsap and Kenny Rogers started to use more contemporary methods. This allowed what we know as modern country to become as popular as it is according to an article from theboot.com.

See Country page 6

MATT ZITWER / CASTLETON SPARTAN

James Wolfe, arguably the biggest country music fan on campus, poses with his guitar.

Election results bring heavy response

Continued from page 1

"Trash, absolutely trash. I'm terrified. I just can't believe our country would stand by somebody who has marginalized so many people that make up our country. And some of the supporters, I think are part of those groups that have just been, I don't even know. The wounds are too fresh," he said in disappointment.

Not only are students feeling the sting of this election, professors around campus are feeling it as well.

"I think a lot of people wanted something different, they wanted change, and just like Obama was a change candidate, Trump is a change candidate. Although, that change might mean something else, and I think everybody needs to think long and hard about what that means," said Michael Talbott, assistant professor and cinema studies program coordinator at Castleton.

Although the election is officially over, hindsight is 20-20 and people are still "Feeling the Bern." Joseph Markowski, philosophy professor at Castleton, still believes Bernie Sanders could have beaten Trump in the primaries.

"It was an election season for a time of change, of political change. People are not interested in status quo presidents, and I felt as if Bernie Sanders offered the Democratic party an opportunity to have a change candidate against another change candidate. So, I'm really bothered by this because I really think the DNC should own this and it is, in many ways, their fault," said

Markowski. "With Trump being president, it's like you don't even know what to think at this point, it just seems like a dystopian reality that we are all living within."

It is apparent that a lot of voices on campus fear for the future and well-being of this country.

"I'm not as surprised about it as some people are, but regardless, I feel like bashing either candidate that would have been successful is kind of ridiculous. You have to support them and hope that they can create the best change that will move our nation forward," said Nathan McCormick, a senior health science major.

Roy Vestrich, communication and theater arts professor, believes no matter who is in the white house, there will always be other political figures who will ensure that our way of life will not be compromised.

"I'm scared like anyone else is, about what might come," he said. "I ultimately believe that we have to have some faith, that there is logical people even on the right side of the fence, who will not allow things to go so overboard that it really threatens the nature of our democracy and our integrity."

Tyler Sturtevant, a senior business major, is very optimistic about a Trump presidency.

"I think America was ready for change," he said. "Let's make Castleton great again."

Country music evolves while keeping values

Continued from page 3

In an interview with the Baltimore Sun, Alan Jackson expressed his thoughts about the evolution of country.

"It's always been that constant pop-country battle. I don't think it's ever going to change," Jackson said.

He also said, however, that country music may be losing its roots.

Recent Castleton graduate Tanner Dana said that country music — both new and old, makes sense to him.

"It's relatable for me. Growing up with a family that listens to country and being from a rural area is what makes me a fan, but I do think that older country is more real and better than newer country," Dana said.

Dana also feels that technology has had an effect on country music's popularity.

"There wasn't iTunes or YouTube back in the eighties and nineties and stuff like that plays into the popularity," Dana said.

Dana may be right about the trend between the internet and the popularity of country music. According to shmoop.com, the estimated country albums sold in 1997 were at 652 million units. In 2007, number grew too an estimated 1.3 billion units, partially due to the access of MP3's.

But because country is fighting to stay at the top of the charts, some artists have forgotten where it once came from. Blake Shelton has been labeled as one of those artists.

In 2010, Shelton was quoted on GAC's "Backstory: Blake Shelton" as saying, "Country music has to evolve in order to survive. Nobody wants to listen to their grandpa's music. And I don't care how many of these old farts around Nashville are going, 'My God, that ain't country!' Well that's because you don't buy records anymore, jackass. The kids do, and they don't want to buy the music you were buying."

Country music legend Ray Price replied with distaste toward Shelton's comments on Facebook.

"It's a shame that I have spent 63 years in this business trying to introduce music to a larger audience and to make it easier for the younger artists who are coming behind me. Every now and then some young artist will record a rock and roll type song, have a hit first time out with kids only. This is why you see stars come with a few hits only and then just fade away believing they are God's answer to the world," Price said.

Shelton would later go on Twitter to apologize to Price for his comments.

Smith, the student who loves country music, feels that these arguments don't affect him and doesn't allow them to feel "any ill intent," toward non-country listeners.

Garret Clark, also a senior at Castleton, grew up on George Strait.

"It reminds me of when I was little growing up on a farm. Specifically the landscape, most country talks about farming and the scenery," he said.

A former fan of Luke Bryan as well, Clark said doesn't like his new stuff, but still listens to his old stuff.

Where country goes from here is a question many can't answer, but Clark tried.

"I think country will keep progressing and stay a top genre in music," he said.

Determination makes a star

Continued from page 3

Professor Harry McEnerny, chair of the theater department and James' advisor, also believes in her because of how determined she is.

"She will not quit. She is a determined person. She knows exactly what she wants to do and she is going to do everything that it takes to get that," McEnerny said.

But like most college students, James has a hard time keeping her bank account full.

"My biggest challenge is probably, honestly, money. Sometimes it's deciding. It's making a choice about what's more important a lot of times because I'll have something going on at school and I'll be like "Is Steve Blackwood more important than this?" and usually the answer is yes because he's helping me get where I want to go. He even said to me one time "you stick with me and I'll get you where you want to go because you have talent and I just don't want to put you out there when you're not ready," James explained.

Steve Blackwood is an actor who was on "Days of Our Lives" for 20 years. He teaches master classes in Boston that James attends each month.

Though she admits to usually choosing his class over other things she has to do at Castleton, she missed two months of his class while acting in "Fuddy Meers" and she missed the showcase he does for his students in order to do CA training.

James said she has to choose his classes the majority of the time because he's going to be the person who helps her achieve her goals that so many other people are also chasing.

McEnerny also talked about the classes in Boston.

"That kind of determination is what's going to make her successful," McEnerny said.

James has been determined since she was a child, according to her mom.

"When she put her mind to something, she could and would accomplish anything. She's very driven by her own heart," said James' mom.

James' parents own a restaurant in their hometown of Proctorsville, Vermont called Vermont Apple Pie. When Erica took time off between college and high school, she spent most of her time as a chef there and still bakes often.

She said taking that time off is the reason she works so hard at school now. She had to wait to get there and she appreciates it so much more than she would have, but wanting something so badly makes it a little scary.

"It's scary because it's almost like you're competing against all these other people who are trying to do the same thing. But it takes persistence. If you stop, you're not going to get anywhere. You have to try and stand out. Everyone has something different about them. You have to find out what's different about you and make people see that," James said.

Another one of her fellow actors and roommate, Nicole DeCicco, doesn't think James will have any problems succeeding as an actress.

"I know Erica James will be successful because she is the most hard-working, most dedicated, passionate person. I'm verging on obsessed with how good she is at doing her work, knowing what she needs to get done, getting it done. She's a great auditioner. She's just going to do great things in this world… Networking is going to be a breeze for her. Everyone's going to want to work with her," said DeCicco.

Her mom has known she was going to act for a long time.

"When Erica was a little girl she never needed a script. She made her own up as she went along. I believe I knew she would be in theater then. She would watch a Disney movie and portray the characters … all of them!" Cheryl James said.

Now, James is taking everything one day at a time and doing as much as she can to prepare herself for the real world and credits Castleton with helping her see her own talent and giving her confidence.

She's also using it as a way to help prepare for failure.

"Since I've come here, I've auditioned for everything and I did that on purpose to prepare myself for the let down … It has helped me control my emotional side so I don't cry or get upset. If I don't get something, I move on," James said.

She doesn't ever plan on giving up due to not getting a part because as she said, "what famous actor or actress hasn't been rejected?"

Though James has a ton on her plate, she doesn't let it stress her out or keep her from acting.

"It can get stressful at times, but not to the point that I would ever want to stop because I love it. When I'm not acting I just feel empty. I need to be doing it. It's the thrill of it. I don't know I just love it," James said.

Blind student soars without much help

Continued from page 1

"That marching band teacher was excited, the kids were excited. They put him on the field and it was amazing," she said.

Stephen Klepner, the graduate assistant in the music program, and one of Erickson's instructors in the marching band where Erickson played timpani in the pit orchestra this year, can't believe anyone would discourage a student from being more involved in music.

"That's the stupidest thing I've ever heard, and if it's true, it's a crime," he said. "It's an issue that most music teachers have. They dismiss things that they aren't able to handle. It's easier as an educator to say he's too much work to retrofit my lesson plan to him so I'll just say music isn't for him."

Klepner himself has learned so much from Erickson about teaching students who are blind or have differing abilities. For instance, when writing on the board, professors need to say

out loud everything they write when there is a student who is blind in the class. In conducting class, someone needs to move Erickson's hand in the proper directions and give him feedback on his performance.

He is a very auditory learner, but uses a device called a Braillenote – a kind of braille keyboard, to take notes.

A musical life

Never short on words, he is often found in the Fine Arts Center talking to professors and students, all while tapping his leg and "uhhuh-ing" along as they talk.

"He asks a lot of questions. Anytime he meets a new person the first question he'll ask them is if they play an instrument, and then he'll ask them everything that has to do with the instrument that they play," said junior Jasmine Keefer. Keefer was Erickson's group leader, affectionately called "mom," for the summer transition program and has gotten to know him during marching band. Klepner agrees.

"He wants to know if you're a musician. He wants to know what your connection to music is, and he relates to you through music," he Klepner.

Unsurprisingly, the sophomore is a music education major, who plans on staying to get his master's degree in music education from the university. He learns most music by listening, but has recently learned how to read braille music. When near any new instrument, he feels it to get a sense of what it is and how it looks. Approaching a new piano for the first time, he not only feels the keys, but feels the strings inside and the sides of the instrument to get a better sense of its size, shape and style.

Erickson has a very impressive instrument collection of his own including "a piccolo, two flutes, three clarinets, four saxophones, three trumpets, a trombone, a baritone horn, a violin, a guitar, a dulcimer, several harmonicas, two melodicas, three accordions, a couple recorders, a piano, an organ and a snare drum, along with some minor instruments."

His memory is impressive too, if you can't tell.

Although the accordion was his first instrument, taught by his grandmother, and saxophone is his main instrument, there are many instruments he hasn't played including double-reeded instruments like a bassoon or oboe.

Just by being himself, Erickson has been an asset to the music department, classmates and professors said.

"He's very much a person who is in the present, he is wholeheartedly living in the moment," Klepner said. "He's very talented. He's very passionate about music and it's something a lot of his peers don't have to the same level."

Up, up and away His other passion, aviation, is surprising to some people.

A few years after that first plane ride at 7, Erickson was able to sit in the cockpit of a plane and even use some of the controls.

"He's always loved flying and so he got a chance to go up in a helicopter in St. Augustine, Florida, and then got the chance to go up in an airplane. While he was in the airplane he was in the front seat in the cockpit and I was in the back," his mother explained.

Once in the sky and above the ocean, the pilot relinquished control of the plane to him and he grabbed the controls and excitedly jammed it forward, causing the plane to nose dive. He then pulled it back, imitating the movement by leaning back as he explains, and the plane shot up into the sky. All the while his nervous mother, afraid of both heights and water, sat in the back seat hoping they wouldn't crash.

Spend a few hours with Erickson, and it becomes clear he is determined to do daily tasks with as little help as possible.

Just another student

Walking across campus in his grey sweatshirt, he moves his cane across the pathway to feel the direction, using the map in his mind, knowing that at a certain point the path with split into two and he needs to take the one on the right in order to get back to his room in Babcock Hall.

He decided to attend Castleton to continue a family tradition, following his mother and grandmother who have also attended. Choosing to live on campus to get the full college experience, while his mother lives just 20 minutes away in Rutland, is another way Erickson proves his determination.

"Chad is incredible," said Bre Morse, his community advisor in Babcock Hall. "He doesn't need as much help as everyone thinks. He does his own laundry, takes the stairs, he can tell whose laptop is whose just by feeling it. He's opened my eyes to a lot of things."

His single room is set up with the normal furniture of a dorm room: a bed, desks, a bureau. But something not found in the average room is an embosser, like a printer for braille, which prints pages Erickson is able to understand. His computer is also equipped with JAWS, a screen reading program that can read aloud his email or any other web pages he visits. He has encountered a few problems when it comes to Moodle though, making it an area his mother assists him with.

One of the few other places he needs assistance is in the dining hall, where he explains tables are often moved around and it is unclear what is for dinner.

Seeing him in Huden Dining Hall daily, fellow classmates will notice one of the employees scan his ID hanging by lanyard around his neck, seat him at a reserved table either to the left or right of the entrance, and then tell him what is for dinner. A few minutes later they return with a plate of food, utensils and two glasses of white milk.

During the summer transition program before his freshman year, Erickson was having dinner with Keefer and others. Keefer got him a glass of milk and "he chugged it within five seconds of sitting down," she laughed. She continued to laugh as she admitted she had to get him at least four glasses of milk that day.

From that point on his nickname in the group became "The Milkman."

Erickson is able to live on campus, eat in the dining hall and play in marching band, but is there anything he feels he is missing out on?

"Not at all, not really, no," he said proudly. "Sometimes other people who may be blind or deaf or have other disabilities, they may feel they are missing out on something, but no, not with me."

Let it snow

Continued from page 1

"It better snow or else," Patch joked when being asked what her hopes are for this winter's weather. Members of the Castleton alpine ski team are also hoping for a snowy winter.

Many have skied at Killington already, but the team as a whole has not trained on snow yet as there is still limited terrain open, said head coach Chris Eder.

"Last season our skiers didn't really have an opportunity to get out on snow much in November or even December, so we had a lot of catching up to do prior to our first collegiate races in early January," Eder said adding that he hopes the early-season cold temperatures will allow more mountains to open before the semester is over. "Regardless, it is nice to have this opportunity for our skiers to get out on their own and put some miles under their skis."

Cold temperatures are especially desired early this season because Killington will host the Audi FIS Ski World Cup Ladies Giant Slalom and Ladies Slalom events Nov.26-27, featuring the world's elite women skiers.

"The last time an eastern ski area hosted an FIS World Cup race was in 1991 at Waterville Valley in New Hampshire. Having continued cold temperatures for snowmaking and natural snow is crucial to make this happen," Eder said. "This will be huge for ski racing in the east and Vermont."

In December, Killington will also host the Special Olympics USA training camp where athletes from across the United States will train before heading to Austria for the World Games.

WCAX gains a new reporter

Continued from page 1

However, according to Gershon his school smarts isn't what Bendavid was known for.

"I don't think anybody would have had that as the first thing they said about Issac," Gershon said, "'they would have said, 'what a great guy.'"

Personality is a huge part of broadcast news. If the reporter is personable and relatable, they will in turn be more believable and trusted.

"If he had gone to WCAX and shown the smarts and talent that he has but had been a pain in the ass, then he wouldn't be there, Gershon said, "the best part of the deal was that everybody loves Issac."

Bendavid believes that Castleton helped him immensely when it came to preparation for the future. He still reminisces about his time here, especially working with the football team and making such good friends.

Castleton will continue to be a great highlight in his past as he works toward his future in broadcast media.

"I've always said I love New York and I love Chicago. They are the top markets," Bendavid said, "My goal is to be there."

Bendavid knows what it's like to feel like the dream is too far fetched. He feels that focus and humility is the key.

"I remember in my speech at graduation I thanked my friends, my family, my Castleton teachers, my football family and teammates, and then my classmates as well," Bendavid said, "Its important to keep those people around you but at the end of the day, you've got to believe in yourself as well."

PHOTO CONTRIBUTED BY ISAAC BENDAVIG

Issac Bendavid speaks at the 2016 graduation.

O'Connor has family values on and off field

By Jordan Lumsden
Castleton Spartan

John O'Connor, a young and tired 15-year-old American boy, awoke late in the night in Zaragoza, Spain, 3,554 miles away from home. The roar from his apartment window was loud and he was confused.

"What I first thought was an earthquake, because that's how crushing it was," O'Connor said.

But in Spain, a goal in the 90th minute of the 1983 Copa del Rey final can have the same effect.

Marcos Alonso headed a cross at the far post just inside the six-yard line by Julio Alberto on the left wing. The ball floated over the keeper and Barcelona defeated Real Madrid 2-1.

He didn't see it, but he felt.

"Once the game was over, the streets were just pandemonium. There weren't too many cars, there was just people," he said. "You see these huge flags that are Barcelona colors and Real (Madrid) colors and it was just crazy."

It was his first encounter with this new country and its culture – and the power of soccer.

O'Connor who finished his fourth season with the Spartans will never have to worry about the haircut. Topped by head that shines he stands at average height with a stocky build and a smile that reaches each ear.

He grew up just 25 miles outside of Boston in Wayland, Massachusetts. It's a town similar to Rutland, about 15,000 people. His father worked for a non-profit organization that designed radar systems for the U.S. Air Force, so that didn't always mean living in the states. Before Spain, O'Connor lived in Japan in the third grade.

He picked up soccer in junior high, he says, just to play the same sports as his friends who didn't play baseball. He ended up quitting baseball in eighth grade. The introduction of the curveball, which he "couldn't hit worth a crap," ended his baseball career.

But he could kick it with the best when it came to the soccer pitch.

The pursuit of his new soccer passion led him to play at the University of Maine in Bangor for four years, while also earning his bachelor's degree in physical education.

He was then offered a job at Dartmouth College working in the residential life department. And before long, he was the men's assistant coach as well.

At Dartmouth, under head coach Bobby Clark, O'Connor said he was given a chance. He said that Clark saw something in him that could benefit the team and also saw how passionate he was about coaching.

O'Connor went on to coach at the University of Rhode Island where he coached Stoke City F.C. defender Geoff Cameron. Cameron also plays on the U.S. men's national team.

Clark first met O'Connor when he was working as a youth coach with Lightning Soccer Camp in the Dartmouth area. And he liked what he saw.

"He was an excellent coach and he loved his soccer," said Clark, the current coach of the men's team at Notre Dame. "I had a vacancy and John was someone I thought would be a terrific replacement," he added in his thick Scottish accent.

Clark said that his kids all grew up playing soccer with O'Connor at the Lightning Soccer Camp. Since that time O'Connor has two children, Michael who's 12 and Megan who's 14. Clark said that watching Megan and Michael run around camp, improving their skills while also having fun, like his kids once did, was a fun experience.

MARTIN VANBUREN / CASTLETON SPARTAN

John O'Connor reaches out to high five players after a goal.

For O'Connor, his personal family and his soccer family are almost one in the same.

Organizing practice plans in the morning then zipping over to his child's game in the afternoon and back again for evening practice are routine.

All in a days work.

Game plan all day, the go catch his daughters dance recital.

All in a days work.

Hosting the whole team at his house for a cookout.

"That's just O'C.," said senior defender Paul Phillips.

O'Connor is known as the 'Grill Master,' to his team for his burgers and dogs at team outings he hosts throughout the year. But his wife Sheila and his kids brag about 'Daddy's potatoes.'

Regular mashed potatoes with sour cream not milk, a little white wine, and Parmesan cheese. Mix it. Butter the bottom, butter the top, sprinkle a little more cheese and bake at 400 degrees for about 30 minutes.

But that's easy stuff. It's his London broil 'that takes some art to it.'

Not too long, not too early. O'Connor says his biggest secret is the marinade recipe he was given by his mother when he lived in Chicago for 11 years, coaching at the University of Chicago.

But she gave him so much more.

"She always told me when I was younger 'Do what you want to do,'" O'Connor said.

His mother passed away in the fall of 2014 after a long battle with dementia. The disease limited her to an assisted living home in Nadic, Massachusetts.

"It made me relook at relationships and family and make sure you say the things you want to say to people," he said.

O'Connor visited her periodically, travelling with his wife from Rhode Island during his time as head coach of URI.

"Things like that make you want to not regret that point where you could have said something to someone," O'Connor said.

But the place he called home for seven years started to crumble.

Shelia, who had been working in the aquatics department at URI, had been laid off. Three months later, URI didn't renew O'Connor's contract, one day after his final game of the season.

They had two kids. He and Sheila were unemployed.

"It's something you never really plan for and you go along in life and you think you're in control of the situation and then something like that hits you. It's a change you don't choose to make, so there's some emotion there," Sheila said. "We had no idea six months from then how we going to pay the mortgage if we couldn't get a job. But you don't want the kids to know and experience that."

But dark clouds made way for blue skis. And he found Castleton.

"It's much more of a family atmosphere in the Castleton athletic department," said Sheila

Leaving in the afternoon to go see his kids play soccer is not uncommon and is completely accepted at Castleton. Family and athletics are almost intertwined. Everyone understands having kids and what comes along with raising them.

The family atmosphere shines through, from the athletic director to the players on the practice field.

"Even Michael will come to some practices and shoot around while we're practicing," said senior forward Seth Wilmott. "Everyone's not uptight. We're able to relax and get loose."

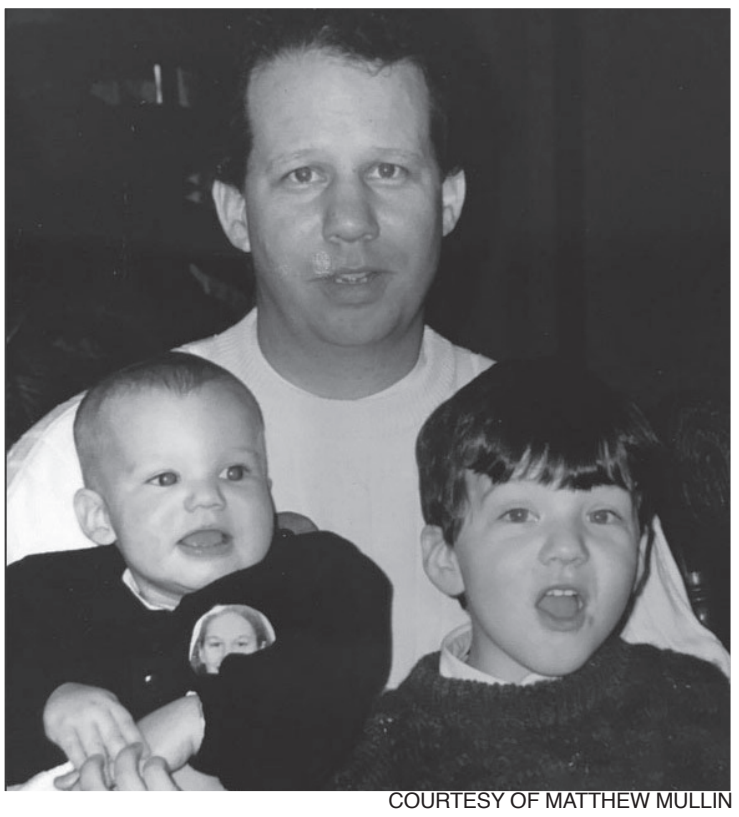
Wilmott says that having O'Connor's children at practices adds some fun. But fun doesn't stop O'Connor from expecting the very best from his athletes, both on and off the pitch.

"When all the guys know how much our coach cares and invests into the team, it makes us a lot more motivated," Phillips said. "He stresses and demands the best of us when it comes to our academics and our development of character."

Wilmott found O'Connor's coaching style 'refreshing.'

"He always pushes you even when you don't realize it," said Wilmott. "It's only because he knows I can do better and that he expects better."

Overcoming big obstacles



COURTESY OF MATTHEW MULLIN

Matthew Mullin, left, poses with his brother and father.

By Chris Procida
Spartan Contributor

As Matthew Mullin looks on from the sideline, he patiently waits for his chance to finally play a down of collegiate football. Although he is sidelined due to injury, he continues to cheer on his teammates without hesitation.

Diagnosed with patella tendinitis, an ongoing injury dating back to his high school playing days, he would eventually tear his patella tendon in the very first week of training camp at Castleton University.

Needing surgery, Mullin laid in a hospital bed on Oct. 24, looking forward to getting through his surgery and beginning his road to recovery.

Mullin, an offensive lineman, began playing football in the fourth grade. He spent his early years wearing number 91, then switched in middle school to number 56, a tribute to his favorite football player of all time, Lawrence Taylor.

After a successful high school career, Mullin was recruited by Castleton University and committed to the school in the summer of 2016

And he worked hard and sacrificed other sports to make sure he was healthy to start his college football career.

"I definitely wanted to play this year. I took off playing baseball my senior season at Mount Abraham Unified High School here in Vermont. I wanted to play basketball too, but I took off to try and get healthy for football season," said Mullin.

Most people who face a season-ending injury, find it hard to motivate themselves to not only stay with the team, but to continue to attend the college they have enrolled in. For Mullin, it was more of a personal decision than anything.

"When I would watch the team during camp week after my injury, I was watching everybody working hard to prove themselves, and I just feel like I haven't proved myself yet," Mullin said. "I had a pretty impressive high school career, but that's all in the past and I want to prove myself at this level. I just want my shot."

Healing inside and out

The only thing worse than a paid in Mullin's knee, was the pain in his heart.

Over the summer, prior to coming to Castleton University, Mullin endured a deeper loss, the loss of his father.

Mullin's father was a truck driver, so for him to see his father was rare when he was younger, but he said they still had a close relationship.

But the relationship got stronger when his father was diagnosed with retinitis pigmentosa, an inherited eye disease that slowly destroys the retina and causes blindness. This led to his father's trucking license being stripped from him and he was no longer allowed to drive trucks.

"I guess we were kind of distant at first, but once he was forced to stay home, this was when we really become closer," Mullin said.

They really began bonding when Mullin became his father's driver and when his father picked up blind ice hockey.

"It sounds cruel, but It's a thing. They put ball-bearings in a hockey puck and they play off the sound, Mullin explained.

In Mullin's freshman year of high school, though, things got worse than a loss of vision. His father was diagnosed with colon cancer. Battling it for a year, he was then in remission for the next two years.

Just as things began to look up for his father, Mullin's family was then told that more cancer had been found and his father would have to begin chemotherapy once again.

He was back in the hospital on May 6, 2016 and was hospitalized for the last month of his life.

The cancer had spread into his blood, his brain and all of his other major organs.

"He passed away on June 3, the day before my birthday, so I remember that date pretty well," said Mullin as he stares into his fiddling hands. "When he passed away it was just devastating, I can't really describe a feeling like that."

At home, it was important for Mullin and his family to keep going, which was done by assuring that they were really open with each other, that if they ever needed to talk about something they would always know the door was open.

Football family makes a statement

For Mullin, the hardest part of all this was planning the funeral arrangements. To his surprise, Castleon football head coach Tony Volpone and defensive coordinator Blaise Zambrano both made appearances at the funeral.

"We knew Matt was coming in to play for us, we knew the circumstances regarding his personal life and we wanted him to know that even though he may not have officially become a student athlete here, we wanted him to know what kind of people he was coming to play for and the kind of culture he was becoming a part of, said head coach Tony Volpone.

Mullin's relationship with his mother was just as significant as the one with his father and she clearly felt the same.

"We are very close. We share the same sense of humor, the same sense of wonder in how we see the world and the same sense of how you should proceed in life and how you treat others," Cara Mullin said.

While the whole family suffered during his father's illness, it was a struggle that Mullin preferred to hide.

"His father lost 100 pounds and Matt watched cancer eat his body. It was devastating to Matthew but he did not let it show," said Cara. "Mullin would help his father whenever he could. He would help feed him, carry him up and down the stairs, get him anything he needed. This just shows the type of character. Mullin is. He is strong and kind and he was all of these things before losing his father; he just had to grow up a little faster than others," said Cara.

It take's a strong individual to be able to overcome all of the adversity that Mullin has, but he said he does it because it's what his father would have wanted.

"He was my drive to keep playing honestly. He always taught me to stay humble and if there was something that I wanted to do, to go after it and do it," he said.

One of Cara's favorite memories of her son, actually occurred relatively recently. She claims this moment truly defines his character.

Mullin and his mother were walking down the street, when he mumbled under his breath.

"Nobody should have to live like that," he said as he saw a homeless man, rummaging through the garbage. Unsure if the homeless man was looking for food, water or cans to cash in for a small profit, Mullin walked over to the man, took his wallet out of his pocket, reached in and grabbed his last $20, and handed it to the man.

"Matthew is a young man with a very large heart. He is a person who thinks of others before he thinks of himself," she said.

His positivity and commitment to being the best individual he can be has spread among people around him and is easily noticed.

"I think it's safe to say that Matt has done a great job. I think we can all say that when we see him or we're in his company, he always seems to have a smile on his face, always seems have a positive vibe to him, he's always joking around … kind of reminds you of a Chris Farley-like-type behavior, which can make anybody laugh," said Volpone.

And it's not just the coaching staff that notices his positive behavior.

"I think he's an inspiration. He's 18 years old and he lost his father and his season of football in the same year, yet his still has an awesome attitude towards life," said teammate Luke Tancreti.

He looks forward to making a speedy recovery, getting back into football related activities and said he will continue to make his family and friends proud of the individual that he has grown to be.

There's no telling that the first time he gets to strap up that chinstrap, he will take a second and look to the sky, knowing that his father is looking down, watching over him, proud of the young man he raised.

"I'm looking forward to getting my shot next season, I can't wait for my shot," he said.

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Hard work pays off

Castleton aluma Ali Jones is Fair Haven A.D., only a year after graduating

OLIVIA MAHER / SPARTAN CONTRIBUTOR

Ali Jones works in her office at Fair Haven Union High School as students pass by.

By Oliva Maher
Spartan Contributor

Standing by the copier in the main office of Fair Haven Union High School is Ali Jones. As she punches her code into the machine, the voice of the receptionist catches her attention over the soft beeps and shifting of paper.

"Ms. Jones? I have a banner for you to hang up in your hallway," the voice says while a blue and white polyester mesh sign unravels onto the floor with the smiling faces of the "2016 SLATER FOOTBALL SENIORS."

She walks back down the hallway, past the gymnasium and over the floor that reads FHU in bold letters. Just four months ago she was walking past her own court, where she called herself a Spartan for four whole years.

A voice comes from the sky asking students to turn in athletic uniforms. She checks her office phone's voicemails where one new message awaits. It's Castleton University's Renee Beaupre-White inviting her the senior class banquet as a guest speaker.

With a check of the well-kept schedule and to-do list placed carefully on the desk, she sees that she's already booked that day with a mandatory winter athletic meeting.

A chime signals the end of one class and the start of another as Jones looks over the 30 emails waiting for her from the weekend.

This is the start of new day for Jones.

She's 22 years old and the athletic director of an entire high school.

--

"It's been hectic and stressful because you learn all of this in school then you get to the job and feel like you don't know anything at all. I've learned something new every day," she says from behind the desk of her "new office."

"It used to be the showers," Jones remarks with a look at the glossy white-walls that have seen better days. It sports random holes and markings, shelves placed haphazardly in one corner, a few electrical outlets and singular light switch by the door. Picture frames filled with friends and dogs, next to motivational plaques that remind their readers to "Do something amazing today" and "Don't ruin a good day by thinking about a bad yesterday" sit on the shelves next to a large binder marked "Budget Bible."

"I'm thinking a nice white for these three walls," Jones says sardonically with a gentle wave of her hand on the upcoming painting of space,

"Then get some art students involved and put a nice FHU on this one," she points in a more serious tone.

There's no heat in this office and a soft hum can be heard from the space heater tucked under her desk

The original office given to the school's AD is down the hall. She gave it up to make the slightly larger room a place to organize uniforms and create a new multi-sport team room.

"All uniforms were being kept in a shed out back, and I wanted them moved in here to be better sorted and kept," she said.

—

Ali Jones grew up in Poultney, Vermont as the oldest daughter to Kim and Dan Jones. She majored in sports administration during her time at Castleton University and was a four-year member of the women's basketball team.

Mom Kim has kept tabs on her daughter's goals and visions growing up.

"She was always very determined. She came home in about the second grade, might've been first grade, and they were doing basketball in school and she came home and said, 'Mom, they showed me how to use the backboard in gym and they said if I use the backboard I could score a lot of points.'"

COURTESY OF CASTLETONSPORTS.COM

Ali Jones looks to make a pass for the Spartans last season.

Jones then proclaimed that she was going to score 100 points before she came back inside that night.

"And she was only this big," Kim said with a hand hovering a few feet off the ground, "She could barely get it over the rim. But she stayed out there. We had to turn on all the outside lights, on a SCHOOL night, until she made 100 points."

By the time she reached 100, dinner had been eaten and it was past her bed time.

She used the backboard for each shot.

"I said, that right there, is a determined little girl."

—

Many factors went into the hiring of a new athletic director at the high school that boasts being the only "Slaters" in the world. In Jones' case, she faced interviews with the 11-person committee interested in being a part of the hiring process.

"We're so passionate in this greater Fair Haven area about athletics. We have the best student section in the entire state: positive, passionate, outgoing. We have a high number of community members that travel to games and then we do have high, high expectations," said Principal Brett Blanchard.

"More people were interested in being on this hiring committee then on most. So in other words, with a teacher, I will get a very small committee. Here, several board members wanted to be on it, several coaches wanted to be on it; so they came from different perspectives."

Jones remembers a larger room of people during the application process.

"There was like, 15 people in the room for my interview. It was the most terrifying experience, but I must have done something right," she said through widened eyes and a smile.

—

Stepping into her family home, Jones is met by an army of dogs. The two English springers go by the names Carter and Cash. Lola and Cider are toy poodles. The walking group of wrinkles is non-other than Jones' own Chinese Shar Pei, Gus. He was a Christmas gift to herself last year after much back and forth with her parents on the responsibility of having her own dog at such a young age.

Her ultimatum?

"I told my parents that I handle everything that gets thrown my way so I can handle a dog. Plus it would be a happy addition to my life."

Like Gus, each dog has a story in the map of Jones' life. Take the Poodles. They weren't originally her family's, but belonged to the grandmother she lost earlier this year.

"The day Nonny died was the saddest day I've ever experienced," Jones said.

It was two days after Jones' birthday, and all she asked for on her special day was for her to get better and come back home.

It's hard to find bumps in the journey of Jones' life. Through her well-planned and organized demeanor, to the warm relationships she surrounds herself with, she tends to come off as almost perfect. This recent event she couldn't have planned for, left her devastated and still brings a tear to her eye.

—

Every Sunday afternoon since her freshmen year, her closest teammates and friends gather at her house in Poultney for what's known as "Family Dinner."

"The funny thing about it is that it was never a thing until I went to college. It's a time to come together after whatever happened throughout the week and unwind," she said.

Her mom makes whatever the highly anticipated dish of the week is, while a gaggle of girls and the occasional boyfriend hang around the living room doing homework and swapping stories.

"She looks weird while she's sleeping," Jay Morgan confidently states when asked about his girlfriend of three years at a recent family dinner.

With a smirk in Jones' direction, she promptly rolls her eyes and he pats her leg while the two seem to conduct a silent conversation.

They met her sophomore year in the dorms of Castleton University and have been a major part of each other's lives ever since. So major, that they're closing in on buying a house together after months of searching and conversations with the bank.

"I knew right away she would get the job. She's the most determined person I've ever met. She's just a rare type of person who knows exactly what she wants and makes it happen," Morgan said.

Jones agrees that she has indeed planned every little detail of her life and tries to follow it to a tee. From her college basketball career, year-long internship with the associate athletic director at Green Mountain College, to buying and owning a dog, landing a job in her exact career path, and the impending purchase of a house. She describes herself with a laugh as a "psychopath" in that respect.

"Plus she's probably had that interview planned out since 7th grade…and she's cute," adds Morgan.

—

Back in the office, where large plastic bags full of cheerleading and men's soccer uniforms can be found, her biggest project at the time is the hiring of new baseball and softball coaches for the upcoming spring season.

"Positions are open," she notes with a raise of her eyebrows and a smile as if to suggest, "If you know someone, let me know."

After having only opened the position a few days before, she's already got three prospects.

It's also the close of the fall sport activities. Jones is busy organizing the end of the season banquets, determining who wants to go where on what day and when and ordering trophies for each team's individual awards.

"I'm still kind of learning," said Jones,

"Some weeks I'm in the office getting everything done and other's it's event after event."

She's handled her first budget, routinely lines up busses and schedules games and practices for each team. She handles event management for home games and will have to give out awards at the coming banquets. Although having to publicly speak makes her skin crawl, she's gotten better overtime.

"Athletically, Castleton is one of my biggest achievements. I learned a lot about myself and many life skills. Multitasking, time management, leadership, and hard work."

Her position has been much more than she ever thought, but she wouldn't have it any other way. She looks forward to the Slater's upcoming basketball season where the women's team is the defending division two state champions.

It's lunch time for the new athletic director of FHU. Careful to turn off the space heater under the large metal desk, she grabs her car keys that sport a singular basketball-shaped keychain, and heads for the door.

Men's hoops looks to rebound

By Dylan Blowers
Castleton Spartan

Just a week before they tip off on the road versus Skidmore College, men's basketball coach Paul Culpo reflected about the season ahead. The last time we saw the Spartans in official action, they fell 83-65 to Thomas in the NAC quarterfinals. That loss snapped a six-year streak in which they had at least made it to the NAC semifinals - all led by Culpo - including a NAC title in the 2011-2012 season.

"It doesn't really feel like we made the playoffs last year," Culpo said. "I'm just hoping to get the program back to where it was in its first five years."

Nine players are returning from last year's team, including three starters, to help him with that goal. Pavin Parrish, who led last year's team with 78 assists, is back for his third year. Fellow junior Tondi Mushandu, who averaged 9.1 points and 6.8 rebounds per game last year, is also back. And senior Chad Copeland, who missed all but nine games last season with a knee injury, is returning for a fifth and final year under Culpo.

"He will obviously help the team, but that isn't why we didn't have success last year. On the outside, I think that that is the perception, that everything will be fine because he is back. But yes, him being back healthy definitely makes a difference," he said.

Copeland is psyched to be back on the floor after battling back from injury.

"This year is super important," he said. "I think I've had a lot to prove these last couple years; people have written me off, and my injury last year didn't help. This year is kind of a new start for me."

Copeland likes the mix of athletes on this year's team to.

"While we have a good group of returners, there is an influx of new players as well. This team has clicked better in the preseason than teams in the past have. Hanging out, being more of a family, being together off the court relates to success on the court," he said.

Two of the new players that Culpo focused on were Ben Mrowka, a freshman from Australia, and Jordan Nelson, a junior transfer from Hudson Valley.

"Obviously, Jordan has won the starting point guard spot, and it would be great for him to reward our faith in him that he is the right guy. That was not a position that was ever really solidified last year. And the 'Wonder from Down Under' (Mrowka) has been a pleasant surprise in the preseason and we hope he can continue contributing the way he has in the two scrimmages."

When asked what would make this team successful this season, sophomore Edmund Fitzgerald said, "We need to be the hardest working team on the court. Just talk on defense and play to win."

Fitzgerald has been labeled by Culpo as a guy who finished strong last season.

"We are long, and we have pretty decent athletes for our bigger guys. We could end up being a pretty good defensive team if we can get things together. I think we have a different team than last year; last year's team shot better from the perimeter but last year was also not a good defensive team," Culpo said.

The Spartans are ranked third in the NAC preseason poll, behind reigning champion Husson and Colby-Sawyer. Their first home game is Nov. 18 versus Curry, after Tuesday's season opener at Skidmore.

Castleton Spartan

CASTLETON UNIVERSITY'S STUDENT NEWSPAPER

Wednesday December 7, 2016 CastletonSpartan.com Castleton, Vermont

Dome is coming, no really

By Catherine Twing
Castleton Spartan

In October of 2013, Spartan reporter Daley Crowley wrote a story titled "CSC is getting a dome."

In December 2014, Spencer Dandurand wrote a story called "Embrace the dome in Rutland."

In March 2015, Zach Temple wrote "The wait continues for The Spartan Dome," and in September of that year Emmitt Ackerman wrote "Where is the dome?"

Now, in December of 2016, that question remains. Where is the dome?

According to Dean of Administration Scott Dikeman, it's in a warehouse in Rutland.

The dome everyone is referring to is an inflatable dome about the size of a football field, which Castleton obtained from Middlebury College when that school built a new facility in 2013. For the last three years, students have anxiously awaited the construction of the Spartan dome, which will include an indoor track and turf field.

Senior Toné Sawyer had visited the dome in elementary school while it was still in Middlebury.

"I have lived in the Middlebury area, and it's nice for Castleton to have it. It would be nice if we had it up," Sawyer said. "I just want to see it up before I graduate in 2018."

"I'm a senior now and I was told at the ends of my sophomore year that the bubble would be up in time for my junior year when track became a varsity sport," said senior Marissa Langley.

After overcoming several permitting obstacles, Dikeman said the two necessary permits have been submitted and if all goes well, construction is expected to begin in spring of 2016 next to Spartan Arena in Rutland.

"I'm cautiously optimistic," he said.

Storing it has cost "a few thousand dollars a year," and it will cost roughly a million dollars to put up, but construction shouldn't take long, Dikeman said.

"The construction consists primarily of just the surface, some excavation and installing turf. Then it's just a matter of rolling out the dome and inflating it, which should take a day," he said.

The delay was initially due to lack of funding, but that issue was later resolved, he said.

"It's coming from an endowment…which is supposed to be used for the betterment of the community and because this will be a community recreation facility, it met that criteria," Dikeman said. "First year or so, we didn't have a funding source, so we finally identified that endowment and got the board's approval."

The next setbacks involved permitting. The open spaces on campus were either wetlands or topographically unsuitable, and the space next to the arena required a storm water permit and a wetlands permit.

"The thing we've chosen to do is rather than just submit applications, which can cost thousands of dollars, and get denied, we worked with the agencies that issued those permits to make sure when we do apply that there's a strong chance they'll be approved," he said. "It took us up until about a month ago and at this time both applications have been submitted."

Dikeman added that the location is suitable because of the proximity of Spartan Arena's concession stand, locker rooms, and workout facility. The dome will not have sprinklers so it can't be used for events like commencement or a high school graduation, but it will be a great place for sports teams to use for practice.

See Dome on page 6

Students protest late exam schedule

By Nicole Webster and Will Chmielewski
Castleton Spartan

About 15 Castleton students peacefully protested outside Woodruff on Nov. 30 about a final exam schedule that keeps them at school until two days before Christmas.

The number of protesters grew after a few professors showed up with their classes to join in. Protestors made signs and talked to a reporter from WCAX about the hardship being caused by such a late finals schedule.

Adrian Lashley, a student from Bermuda, went to the protest to make sure his voice was heard.

"It's unfair to international students and it's unfair to other students as well, but it really does affect the international students. It takes time to travel. If I was to have an exam on the last day of class, I wouldn't get home until Christmas evening and I just live in Bermuda and that's not that far away," Lashley said.

The worry about students not being able to make it home in time for the holidays was one of the reasons students decided to protest.

Rebekah Jensen, vice president of Academics for the Student Government Association, said she'd heard many concerns and took them to a dean who brought the issues up with the Presidential Cabinet.

"The Presidential Cabinet agreed that this year's exam schedule was not ideal, but said there was nothing that could be done about it at this point," Jensen explained.

MATT ZITWER / CASTLETON SPARTAN

Students gather in front of Woodruff in protest of the late exam schedule.

Tony Peffer, special assistant to Castleton President Dave Wolk and a member of the Calendar Committee that sets the school's schedules, explained that the committee has to pick the least of many evils when setting the calendar.

"There is no perfect way," Peffer said.

The school has to have 150 days total and both Peffer and professor Peter Kimmel, also on the Calendar Committee, explained that they can do 74 days one semester and 76 the other, but the total needs to be 150 for their contract with the Vermont State Colleges.

See Exam on page 6

Everybody loves Q

VINCENT GUERRERA / SPARTAN CONTRIBUTOR

Sodexo employee affectionately known at "Q" scans in students at Huden Dining Hall.

By Vincent Guerrera
Castleton Spartan

"Morning baby!"

These are the first words you hear when entering Huden Dining Hall after pulling an all-nighter of studying for a test or after a night of binge drinking. The woman behind this greeting is "Q" – and don't ask her real name.

But if you ask anyone how he or she feels about her, they will say the same thing.

"Q is amazing."

"I love Q."

"Q is the best."

Senior Catherine Twing was rushing around grabbing some food to fill up her stomach before class started one day. Eating her soup very quickly and not paying attention to her surroundings, she accidently smacked her spoon, launching hot soup onto her arms, sweater and face.

In a split moment, Q came running over with a hot towel to help Twing get cleaned up.

Twing repeated what Q jokingly said trying to make light of the situation: "I'll help you sue them for everything they got. I'll help you out if you need help."

Twing said she is happy to see Q whenever she enters Huden and said she hopes she stays here until she graduates, because having her adds character to the environment.

Fellow Sodexo employee Tyler Williams, the grill cook for breakfast and lunch in Huden, started working on the same day as Q at Fireside two and a half years ago.

They had never met before, but he soon learned his co-worker knew the mother of his children.

"Every day is a different day with Q," Williams he said. "She is always in a great mood, She's a hard worker, gives a 120 percent. She's nice to anyone who walks through that door."

When they clock out at the end of the day, Williams and Q will hang out for bit, chatting and gossiping to pass the time until Q's ride comes to pick her up.

"She has a big heart. My birthday was two weeks ago and she had to work that night, so she couldn't celebrate with me … I met her in Rutland and she had all these presents that I needed that I don't buy for myself, she bought," said Williams.

Q remembered everything that he said in small conversations that he needed or wanted, from new socks to little gadgets for his iPhone. There were enough presents that filled up two or three bags.

"She's a great person and she deserves everything that God has to offer in this world," he said.

But when Q is in Huden working, it's clear she is there to work. She can be seen greeting the students when she scans their ID's, washing the tables after they are done with their meal, making sure the napkin dispenser is full or offering help to her co-workers. You will never see her just sitting down doing nothing.

But no one seems to know who she is, her real name or about her past.

This reporter's efforts to unveil her a little went like this:

"Excuse me Q can I ask you a question?"

"Of course baby," she said.

"I'm in a journalism class and we have to do a profile piece and I would like to do my piece on you."

In two years of seeing her in Fireside and in Huden, this was the first time she looked very serious.

"Really? Why me?" she said with a low voice.

"Because you seem like an interesting person, everyone loves you and I want to get to know who you are."

"I'm honored; of course I will do that for you."

Then in a blink of an eye she went from serious to the Q Castleton students know and love.

"Let me know when you want to do the interview so then I can hide from the police! Just kidding baby," she said with a laugh.

When it was time for the interview, students were having issues scanning their ID's. Q was running around making sure everyone was getting helped and apologizing for the interruptions. Once everything was fixed, it was down to business.

See Treats on page 6

Some recycling guidelines being ignored

By Patrick Cote-Abel
Castleton Spartan

A dark, ominous column stands erect atop of a lonely hill, as the rain thunders down around it. This isn't the introduction to the hottest noir novel of the year, but rather an apt description of a trash can located near Hope House.

In 2012, the Vermont legislature passed Act 148, known as the Universal Recycling Law. While this law bans the disposal of recyclables in normal trash cans, and will eventually require all people living within Vermont to compost their food waste, it has another condition which effects Castleton far more directly.

Under a specific subsection that took effect in 2015, all trash cans in outdoor public places must be paired with a recycling bin.

Over the last decade, Castleton University has made numerous strides to become a more environmentally friendly institution. Some of these include the installation of water bottle filling stations in most residence halls and the implementation of an environmentally friendly heating and cooling policy.

However, when it comes to recycling, there are still steps to be taken.

The trash can without a recycling bin, which under Act 148 is illegal, located near Hope House is but one of eight located on both the academic and residential sides of campus.

According to Victoria Angis, Assistant Director of Student Life, as far as she was aware the reason those trash cans are not paired with recycling bins was a cost prohibitive issue.

"I do know that I have seen outside trash cans without recycling and have given lists to facilities," hoping that they would remedy the issue, she stated.

"It needs to be worked on," said Senior Justin Goulet. "I think we have plenty of money to buy… [recycling bins] and we just don't to spend it on things some people might see as a 'waste of money'."

While Castleton University does have a contract with Casella Waste Management, that contract does not obligate Casella to supply recycling bins, meaning that all recycling bins on campus must be purchased separately.

An estimate provided by facilities was that purchasing outdoor recycling bins would cost between $300 and $400 each.

A potential solution offered by Goulet was that the university "could even pull the trash cans from those locations until they had the funding to buy recycling bins to pair with them." Junior Dustin Lewis disagreed.

"I don't think removing trash cans is a solution. I'm not sure if there is a law or policy about how many trash cans you need per acre or something, but removing cans is just going to make students litter more," he said.

AARON LETHBRIDGE / CASTLETON SPARTAN

A trash can near the skate park sits without a required recycling bin.

Lewis was also surprised to find out there were so many places on campus where recycling bins were not paired with trash cans. He said that as a commuter student on his daily trips from the parking lot to Leavenworth hall he passes three or four recycling bins.

Breanna Morse, VP of Campus Activity Board, was equally as surprised to find out about the lack of recycling bins on campus.

"We are a green campus, and I think that we do pretty well elsewhere, so why not put [recycling bins] at the other eight spots that don't have them."

While stating that the cost of recycling bins may indeed be prohibitive, it would be a much more worthwhile investment to buy recycling bins rather than trash cans. "I think recycling is more important than trash," she stated.

"I think it's a failure on the college's part if they are trying to be a green campus that they are lacking some of the crucial parts of doing that, even something as simple as placing a recycling bin next to a trash can. If recycling bins are too expensive to buy, then you shouldn't have a garbage can there," said senior Morgan Hart who seemed deeply disturbed when she learned of the lack of recycling bins.

Editorial ▷Page 2 • News ▷Pages 3 & 4 • A&E ▷Page 5 • Front & Back ▷Page 6 • Sports ▷Pages 7 & 8

Sales take over

By Nicole Webster
Castleton Spartan

In 2008, a woman was trampled at Walmart and killed by Black Friday shoppers. BlackFridayDeathCount.com has a list of seven deaths and 98 injuries that have happened on Black Friday in the United States from 2006 to 2014.

Rather than backing off on Black Friday sales, stores now start their sales on Thursday – also known as Thanksgiving.

Thanksgiving is meant to be a day spent with family eating copious amounts of turkey and being thankful for the harvest of the year before. Instead, we are using it to get good deals on Christmas presents.

Christmas is taking over the month of November already with Christmas music starting to play in stores Nov. 1.

The sad thing about it is that it's making people forget what Christmas is all about. Christmas is another holiday that is supposed to be about family and it's been made into a holiday that's all about gifts.

Black Friday starting on Thanksgiving is just the tip of the iceberg. Even if stores open at midnight, it still screws Thanksgiving Day up for those who have to be at work then.

They need their sleep before they go in and work their shift so they would be sleeping through a normal dinnertime. That means that their Thanksgiving is messed up.

Having sales start on Thursday isn't just ruining Thanksgiving for people who have to work though.

People are actually moving when they have dinner or not having Thanksgiving at all because they want to do their shopping instead.

Some states, stores and malls are pushing back against the new trend. Mall of America doesn't open until 5 a.m. on Black Friday. Massachusetts, Maine and Rhode Island have made it illegal for stores to be open on Thanksgiving.

If states are making it against the law, clearly something is wrong. Also, the biggest mall in the United States has decided they will stay closed to make sure people who work there have time with their families.

That's what the holidays are supposed to be about. We shouldn't be so focused on buying the perfect gift for someone we can't spend any time with. It defeats the purpose because it doesn't seem like you care about people if you have to spend all your time shopping that should be spent with them.

This time of year, we all need to remember to slow down and spend time with those we love because that's what will make people know we care, not the cashmere sweater you got them for $20 at Macy's on Thanksgiving because you were too cheap to wait and pay full price.

Fresh perspective:

Life at CU

By Mary Franks
Spartan Contributor

The nine-o'clock train sounds in the distance, and I am reminded that I am not home. I begin to think about the differences and the similarities between the life I have known in Liberty and place in which I now live. A six-hour drive and a few hundred miles make for a world of difference between Liberty Maine, a small village not far from the Atlantic, and Castleton Vermont, a small town hidden in the mountains and filled with Spartans. The latter of which is a place I have only just begun to discover. But, as I begin the search to understand this new town with a royal name, I have taken note of what is and what is not like the kingdom I have come from.

Back in Liberty, an earthy fog would be lifting lazily off of the nearby pond, the world slow in its awakening. The sun, by eight o'clock, would have fully risen, and the streak of colors would have settled into an tidy ball among the tufts of clouds. At that time, I would have still been sleeping, pulling the covers up over my head to block out the cold.

Here in Castleton, my day begins at six-forty or seven o'clock. My alarm dependent on my classes. I make my bed, grab my school supplies, lock my door and head out into the day. I look to the green tops of the trees in the distance, standing tall like curtains in the back of a theater, in which the baseball field is center-stage. And no one gets to see what's behind the green fabric.

Back in my Liberty, I would sit in my room and write while I listened to music with only my cat for company. In this setting, I could think. Often I would wonder what my life held in store for me, often I thought of life when I would be in the world. My thoughts ebbed and flowed from one idea to another while I worked in my kingdom, new inspirations popping into my stream of mind like leaves falling into a river.

Here, in the thick of adventure, my mind is in a state of constant change. In each moment I have a thought, an idea of the world and people, and feel emotions to their fullest. In the next moment, the idea and feeling both leave me, and new states of being would take their place. But now, my thoughts have an outlet to dream upon, a place for all this thinking to go. Now, both my mind and my body are in the world, and my ideas can challenge and be challenged by reality. Now, in this new place which is every day becoming more and more familiar to me, I feel free. I feel free to run towards who I want to be.

Castleton Spartan
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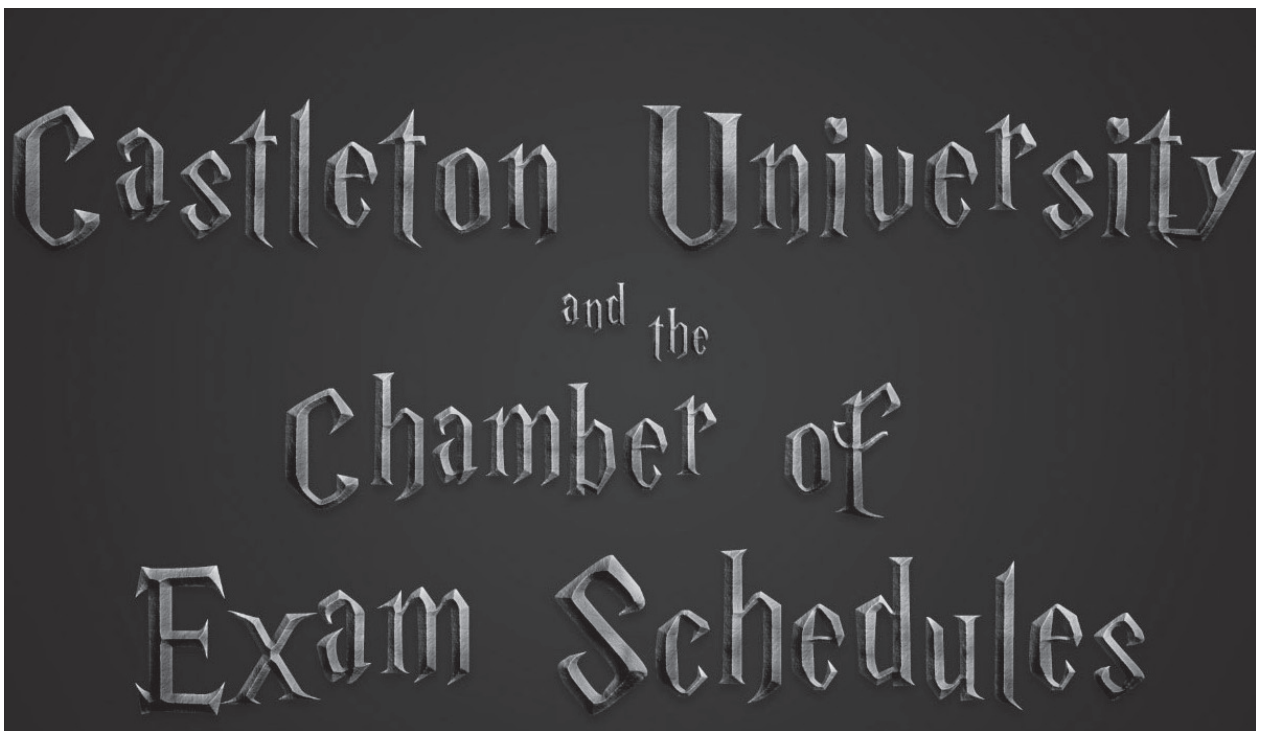

MARTIN VANBUREN / CASTLETON SPARTAN

Trump's win is not an excuse

By Catherine Twing
Castleton Spartan

On the night of Tuesday November 8, Americans from all walks of life, including students, sat around televisions and computers watching the election results come in. Some were afraid, some were celebrating, some didn't know what to think.

But Wednesday morning, Castleton students woke up. They got dressed and went to class. They discussed the election, as classes did all across the country, but life at Castleton continued as normal. Assignments were given, tests were taken and life continued.

At other universities, including Columbia and Yale, however, classes did not continue so normally. Professors gave students the day off to recover from the stress and shock. Midterms were postponed, canceled or made optional, because students were too traumatized to focus.

If a specific student went to a professor and said they are struggling, then maybe an exception could be made. But an entire class? And these are top tier schools we are talking about. They should be embarrassed.

It makes sense to have some counseling services available, because it was a stressful election season overall, and the results might affect certain groups a few months from now. There are many individuals genuinely afraid of what could happen, or who have mental illnesses, and it is understandable that some may need help processing these changes.

But we are adults. We all feel weak at times. We all worry. But, if we can't put one foot in front of the other and carry on even when things are tough, then we should be even more concerned about the future of our generation.

And nothing has even officially changed yet. It's just the mere thought of what's to come that is shutting people down.

When you're a parent or have a full-time job, you can't just shut down for a few days because the election was too tough on you. Your kids won't understand, and your boss won't accept it.

This is all part of the bigger problem of the "millennial" generation needing coddling and protection when things don't go our way. Yes, people are scared of what can happen, but people are scared of a lot of problems around the world every day and still keep going.

There is a quote that says "Life is 10 percent what happens to us, and 90 percent how we react to it." This election is happening to us, but we choose how to react. Giving up, complaining, crying and hating people who voted for our opponent is not going to do anything. We must keep going to the best of our ability, despite the challenges around us.

And to the professors who canceled classes at those universities, you have no right to call our generation lazy or entitled because you enable that behavior.

Thanksgiving tradition?

Oppressing minorities has become the norm for Americans

By Sara Liell
Castleton Spartan

Did you know that Native Americans in our country view Thanksgiving as a national day of mourning remembering the genocide of their people? Did you know that the first "Thanksgiving" feast was held as a celebration for the massacre of 700 Pequot men, women and children?

If you had an education in the United States, I'm sure your teachers did not tell you the true story of Thanksgiving. However, I am sure that most people have heard about the Dakota Access Pipeline that is being built.

I was recently traveling through Hartford, Conn. I had just come from a week of festivities with my family that involved turkey, mashed potatoes and lots of gravy. A woman with short brown hair, who I remembered from being on my plane, was standing close to me as she waited for her bag. She was wearing a t-shirt that said "Water is Life. #NODAPL".

I recognized this statement from recent news articles, Facebook posts and classroom conversations. The shirt is in reference to the construction of an oil-pipeline in North Dakota, which is a major cultural and environmental threat to the Standing Rock Sioux Tribe.

If the pipe were to burst, it would contaminate the water supply for the Standing Rock Reservation. The pipelines route also goes through lands where the ancestors of the tribe hunted, fished and were buried.

Over the past few months, thousands of people have been making their way to protest. The pipeline was originally going to go through Bismarck, ND, but residents of the city feared that if something went wrong with the pipeline, it would contaminate their water supply.

Bismarck has a predominately white population, and with the United States' track record of oppressing minorities, it is no surprise that the pipelines new, improved and "safe" route would instead go through Native American territory, thus, putting the Standing Rock water supply in danger.

Even though the construction of the pipeline is nearly finished, the protest is still going strong. In fact, within the next week, thousands of Veterans will be traveling to Standing Rock to serve as "human shields" for pipeline protesters.

The protests have been going on since last April, and were even happening last week when I, and most other Americans, were celebrating a holiday that is incorrectly taught in our schools, and misunderstood in our country.

In 1637, a band of Massachusetts colonists had just returned from what is now known as Mystic, Connecticut. There, they had massacred 700 men, women and children of the Pequot tribe. In celebration of the massacre and the colonists' safe return, the Governor of the Massachusetts colony ordered a feast and proclaimed that day to be "Thanksgiving."

It is certainly full-circle that in our country in 2016, Native Americans are still being threatened and oppressed on the holiday that celebrates a massacre of their people.

It's time for American citizens to fully understand what Thanksgiving represents, and why it is celebrated in our country. Families across America have many Thanksgiving traditions that include overeating, giving thanks and turkeys.

It's time to realize that America has its own Thanksgiving tradition of racism, oppression and violence.

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Communication professor goes to Hollywood

By Carly Trombley
Castleton Spartan

Castleton University Professor Sanjukta Ghosh was one of 20 professors from universities across the country to be invited to Los Angeles, California the second week of November.

While getting to visit places like Warner Bros. Studio and see a screening of Dancing with the Stars and Jimmy Kimmel Live, her main objective was to network for Castleton students.

Every morning, panel discussions were held for the invited professors to attend, including Ghosh.

"It was so good. It kind of set the tone for the rest of the sessions," said Ghosh about one panel hosted by Shonda Rhimes, creator of "Grey's Anatomy," who spoke about her ascent in Hollywood as an African American woman.

After these panel discussions Ghosh had the opportunity to meet and discuss the panels with the other professors. This created not only connections for students in Los Angeles, but at universities nationwide.

"The second panel was about live television, how it is packaged as well as shown," Ghosh said. "One of the members of the panel was the director of the Emmys himself."

Being a race and gender professor, while also focusing on media, Ghosh found herself learning about new techniques she plans to bring back to Castleton and use in her classes.

"I don't know whether someone else would have gotten more out of it than me," She said. "I didn't know anything, so I learned a lot."

Ghosh is revising her syllabi for classes and adding in new subjects she learned on the trip to broaden her teaching styles, and the minds of her students.

She already has students knocking on her office door looking for connections out west.

"Professor Ghosh is helping me by proofreading and guiding me on how to write the application for the internship," said senior Jimmy Britt who is looking to intern in the film industry. "Only 20 people in the country are picked."

Britt said Ghosh feels if she could be chosen as one of only 20 professors for the conference, why can't one of her students get the prestigious internship.

Ghosh is also taking two deserving students to an international essay symposium in San Diego so show their work and do some networking.

"I mentioned in passing to Sanjukta that I had noticed a shift in tone in superhero movies since 9/11 and she suggested I write a paper about it," said Patrick Cote-Abel, one of Ghosh's students, "A few weeks later she sent me an email saying that this conference was accepting applications and I should apply."

Cote-Abel has attended essay conferences with Ghosh in the past and said that it is a "great opportunity to meet experts in his field," and that presenting in front of a full room about something you're passionate about gives him confidence.

"Again and again I have heard that it's the luck of the draw," Ghosh said, "and knowing people there."

"How do you get to know people?" She asked. "Internships."

PHOTO CONTRIBUTED BY SANJUKTA GHOSH

Castleton professor Sanjukta Ghosh poses with other invited professors from all over the country at a conference in Hollywood.

Alumni panel gets real

By Catherine Twing
Castleton Spartan

For anyone graduating in May, there are less than six months less until we walk across that stage. SIX MONTHS. When I had this realization last week I went from "yay," to "oh no" in about 30 seconds.

For the first time in my life, no one will be telling me where to go or what to do.

For someone like me, school has always given me structure. I can hardly remember life without school. The idea that I'll be living in a world where I'm not doing something to get a grade is actually weird to think about.

And then on Nov. 16, I went to the "Making a Living, Making a Difference in Vermont" alumni panel hosted by Career Services and held in the Casella Theater. Saying this event was well-attended is an understatement. Box Office Manager Jess Cowden estimated there were about 400 Soundings students in attendance. (To give perspective, most events have about 50-100.)

Although I was working the event, I slipped in to stand in the back just before the opening remarks. The four panelists were Megean St. John Martin, who majored in psychology, Brittany Lafirira, who majored in criminal justice and psychology, Eli Willey, who majored in business administration and Julia Shaw Adams who majored in history and secondary education. They introduced themselves and talked a little about their time at Castleton, their careers and current lives.

Renee Beaupre White, director of career services at Castleton, was glad so many students had the chance to hear these successful alums talk.

"I am thrilled that the event was such a success with over 400 students in attendance. It was wonderful to have alumni back on campus who are making a myriad of contributions in their work and communities in Vermont," she said.

I was so amazed by the careers they had at such young ages. They all graduated in the last eight years and it was cool to see what they have already accomplished. They credited relationships with professors, being a CA or in SOS, the Castleton community and learning how to be reliable, as reasons for their success.

And suddenly I felt some confidence.

I have been an SOS member, I am a CA and I have great relationships with my professors and others on campus. Instead of freaking out about the future right now, I just need to relax. I imagine the information was also useful for freshman, the majority of attendees, so they know what to do now to set them on the right path.

Senior Rebekah Robichaud felt the same way.

"It makes my upcoming graduation feel much less intimidating in hearing their respective success stories, and I feel more confident in my future," she said.

I felt this way my senior year of high school looking for colleges, and I made it. I felt this way changing my major, and I made it. I will make it through this too, and seeing people who were once in my shoes making it in their fields was just the reminder I needed.

Successful life without him

By Jadie Dow
Castleton Spartan

PHOTOS CONTRIBUTED BY AMINAH OROGI

Castleton senior Aminah Orogi poses with her sister, Maryam, top. Four out of five kids pose with their mom, Susan Hutchins, at Maryam's high school graduation, bottom.

Looking at Aminah Orogi now, it would be very hard to tell that she had such a tough life growing up. She has a Coach bag hanging on the end of her bed, trendy clothes in the closet and a smile on her face.

She doesn't tell new people she meets that even though she lived with him until she was 16, she hasn't had a full conversation with her dad since she was 10.

She doesn't tell them that she lived in a van in high school.

She doesn't tell them that her father, Parviz Orogi, emotionally abused her and her family. That she put a smile on her face every day to protect her younger siblings.

Most of all, she doesn't tell them how much it still hurts. That her brothers live with her dad, but he doesn't give her the time of day.

"The worst part is feeling like I lost someone who's not actually dead. I just push it in the back of my head because if I think about it too much, I break down," Aminah said, as tears welled up in her eyes.

A senior at Castleton University, Aminah will be graduating in May 2017 with a social work degree, hoping to help people who have gone through similar situations.

Parviz is from Iran. In his country, and within the Muslim faith, it is expected that people, particularly women, will dress and act a certain way. When Aminah and her sister, Maryam, did not follow his standards, they were not met with love and understanding.

"He would taunt us, mock us, make us feel like we were nothing, and this all started at a very young age too, so we became accustomed to his emotional abuse. Aminah and I leaned on each other through all of this. It's hard to explain, but when my dad became totally absent from our lives, we clung onto each other because we realized how valuable we were to each other," Maryam said.

Now that Aminah is in college, she feels free to be herself. Her father used to mock her outfits, call her ugly and make her feel unwanted.

Now 22 and allowed to live her own life, Aminah spends most of her days with her friends, when she is not studying or going to the gym.

Early in high school, Aminah and Maryam's mother, Susan Hutchins, decided to leave their father. With nowhere to go, they ended up living out of a van for most of the summer.

They woke up in their mother's van, drove to work with her every day, and spent the day waiting for her to get out. It wasn't until school started that they had somewhere to spend their days.

"I think that's when Maryam and I got so close. It was just easier to pretend it wasn't happening. We coped with everything by just throwing ourselves into sports," Aminah said.

When her soccer coach, Bruce Mackay, learned of the situation, he spoke to his wife, and they decided to take them in.

"It was a very easy decision. I'm not sure what their living conditions would have been if they didn't come to stay with us. They needed help, so I helped them. Pretty simple," Mackay said.

Though they were offered separate rooms, Aminah and Maryam chose to stay together.

After living with him for nearly two months, the sisters were able to move back in with their mom, but stayed close.

"We have a bond that is very strong and can never be broken," Maryam said.

Aminah wants to help people. She wants to take what she has gone through and pay it forward so she can show that no matter what, things can get better.

She got used to having to put on a brave face for her younger siblings. Many days she woke up to yelling, and brought her siblings into the bathroom to read to them and distract them.

Hutchins is proud of who Aminah is today.

"I am very proud of Aminah attending college. School has not always been easy for Aminah due to various personal reasons," Hutchins said.

Coming from a small town in Vermont, it was hard to hide her situation from her peers in high school. Now that she is in college, her new friends hardly know of the things that have gone on in her life.

Senior Alex Brownell has been friends with Aminah for nearly a year, and barely knows about her past.

"I know a little bit, but she's never really gone into great detail. Honestly, I never would guess. She's always happy. She's just a goofy-ass girl and I love her," Brownell said.

Though Parviz has put the family through a lot, Aminah does still have loving feelings for him.

"He was my hero until I was 10. Our family has always been super close. He's a very charismatic guy, people like him. If I could ask one thing, I would just ask why. I don't understand why he doesn't want to know me. That's not what a parent is supposed to do," Aminah said.

Through all the sporadic behavior and the unpredictable moods, Aminah has come out on the other side, but not with a few dents to her self-esteem.

"She is absolutely gorgeous and has a caring, smart, and strong-willed personality, but she struggles to love herself sometimes," Maryam said.

Hutchins agrees.

"I would like Aminah to gain self-confidence. With that self-confidence, I would want her to realize that she has many things to offer and she does not have to depend on anybody," she said.

Aminah has a few words for those going through tough times.

"It will get better. No matter how bad it gets, you can always turn it around. Everything will be okay," Aminah said.

New program to calm tense situations

JAMIE YAGER / CASTLETON SPARTAN

Public Safety officer Tom Holland gets ready to do a drive around campus on a cold Wednesday morning.

By Zach Dow and Sam Polas
Spartan Contributors

Your friend is drunk- like really drunk. You've done your best to control him and help him get to bed, but his brain is now in a convoluted state that has a primitive need to be insanely loud and physical.

You feel that there's nothing further that can be done, so you make the decision to call Public Safety. Good thing Public Safety leaders have been working on being better equipped for exactly this sort of situation.

"I can sometimes have more power or control over a student than a police officer has," says Floyd Morey, a 10-year veteran of Castleton University Public Safety. "If you act professional, if you give them options, you can deescalate a situation … de-escalation is the main goal of this program."

A year ago, Keith Molinari, director of Public Safety, came across a training program called Verbal Influence and Defense. The program was created by Vistilar, a company specializing in the development of training courses on human conflicts. The program is used to train law enforcement officers around the United States, he said. Its main goal is to teach officers how to assess a situation, develop a plan on how to go about it, and then how to keep the situation from escalating further.

"The guys who have never been trained before really benefit the most," said Morey, who served 30 years on the Ansonia, Connecticut Police Department and had been through this type of training more times than he can count. "What it does is it gives them a plan. You don't just sit there in front of a mirror and say game face before you leave. The hope is that you know the plan to approach and you know how to keep everyone calm."

With the tools that officers learn in this program, not only does it lend itself to the safety of the students and the officers' "hands-off" policy, it will also work wonders for the image of Public Safety at Castleton, Molinari said. If the officers and advisors know about confrontational situations and how to direct them, there's less of a chance for a situation to go wrong.

"What this program does is take this common sense that we know and developed over the years and kind of packages it, in a pre-planned, practiced response so that if you do that on a regular basis, and do it over and over, it becomes almost muscle memory," Molinari said.

Molinari is the first to bring this program to Castleton, and he made sure it wasn't only for his officers. This year's Residence Life staff also went through a shortened version of the VID program prior to the start of the year. First year CA Eric Coslett found it useful.

"It helps calm down whomever we are talking to and brings them to a level where we can then have a normal conversation with them," said Coslett, a sophomore. "Then they understand where we are coming from and what we are trying to inform them about."

Molinari has worked with all of his public safety officers getting them certified and has even taken all of his community advisors through an abridged version of the course. He also recently finished his certification to be an instructor of the program. His goal is to bring the program to Johnson State, Lyndon State, and Vermont Tech in hopes of improving their campus safety offices as well.

"It wasn't like we said we need to learn how to talk to people," Molinari said with a laugh. "It's a mesh for community policing. If you don't have this, if you don't have the basics, you don't have anything."

Word On the Street

Jaime Nolan

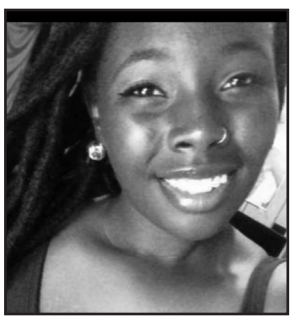
Question: How do you feel about finals ending Dec. 23?

Christian Procida

"I mean it sucks but I feel like people should suck it up and get over it."

Brittany Winter

"I'm done with finals on the 20th, but I think it's awful for people who aren't done until Friday. People who have to travel a long distance that close to Christmas is really stressful and it sucks."

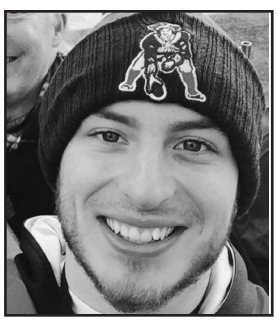


Iyanna Williams

"It's bullshit. Seriously fucked up."

Talia Ziccardi

"It kind of sucks, but shit happens. I live close by so it doesn't affect me a whole lot, but I feel bad for people who don't."



Luke TanCreti

"I think it's inconvenient for a lot of us. A lot of kids go home and work before Christmas to make money to buy gifts and such, and this year we don't have a chance. Also kids who live far away aren't given an opportunity to spend as much time with their families for the holidays."

Support team helps struggling students

By Adam Cook
Castleton Spartan

The next time you are stopped by a professor or an advisor and asked to meet with them, don't panic. It may actually be for your benefit.

The Castleton Support Team is a team of eight administrators and counselors for the benefit of the university's student body. The primary purpose of the team is to support students with personal, academic, or financial challenges that may hinder their success here at Castleton.

"Here's how it works: A professor will complete a referral form," said Dorothy Dahm, a professor at Castleton and the director of the team, "That referral form will end up in my email inbox. What I do then is I email the student's faculty and ask those student's professors to complete a referral form on behalf of the student,"

From there, Dahm and the rest of the team will reach out to an individual with the best connection to the student, such as an advisor or coach, and reach out to the student.

"It really depends on the nature of the problem, how easy that student is to contact and to whom that student has the best rapport (with)," Dahm said.

The program, according to Dr. Ingrid Johnston, dean of special academic programs, has been a part of Castleton for three years, and says that it has helped to keep students.

"Anecdotally speaking, people think it's contributing to retention," Johnston said, "Retention is something that we measure from first year to second year, so people have argued that it contributes to retaining those first year students,".

Johnston also said that the team is raising awareness among faculty and staff on what they can do to help students who may be struggling.

One of those professors who has used the referral program for his own students is Dr. Greg Engel, a psychology professor on campus.

"I think it's fantastic," Engel said, "Really, the kind of thing that all colleges and universities should strive for is identifying students who might need support, need help in some area, and doing all we can as an institution to ensure they get the help they need,"

Engel, a new professor on campus this semester, said he was impressed by the fact that the university has taken something that is usually an informal process and made it a part of the experience here.

Despite the team's best efforts, there are some students that have not been open to their suggestions.

"You accept that you won't be able to reach every student relatively quickly," Dahm said, "But I think there's a real level of concern that we all feel individually. We do want students to succeed, and even more than that, we are concerned for their wellbeing. We definitely experience a pain when students do not accept our support,".

Johnston says that the university really is looking out for their students.

"The key is that this is part of Castleton's big heart. It's a safety net. It's not punitive, and we don't want students to feel like there's surveillance or anything like that," Johnston said, "We're trying to look out for everyone's wellbeing and trying to reach out early while we can still make a difference. I think that's an important message."

PHOTO ILLUSTRATION BY MARTIN VANBUREN / CASTLETON SPARTAN

Never ending trip

Student's first acid trip hasn't stopped

By Liam Welsh
Spartan Contributor

Editor's note: The following names have been changed due to the sensitive nature of the topic.

Sadie, a sophomore in college, and her boyfriend walked through the woods behind Castleton just as spring had begun. They melted pieces of ice and snow in their hands and admired the newly exposed flowers and plants that came from beneath.

This was the first time she'd taken acid.

"The strange thing is the trip itself wasn't bad," she said of her experience. "Things were just growing everywhere and trees had faces … It was very interesting."

But the next morning, she felt different, although she believed that to be a regular occurrence.

"At first I thought it was pretty normal, like the day after. I wasn't having serious symptoms or anything I just felt very uncoordinated and a little groggy," she elaborated.

Her boyfriend, John, reassured her what she was experiencing was nothing out of the ordinary.

"We were in the car and she was saying that everything in the distance looked all messed up. And I'm like, 'that's what happens after you take acid. This was your first time doing it, things should be a little bit strange,"

But after another day of rest, the two believed something was wrong.

"The first thing we did at that point was go to the hospital. We mentioned that she had a bad headache and they gave her some painkillers intravenously. Once the headache medication went into effect she passed out," John said describing the incident.

The hospital could not offer much help, because they didn't know the full story of the acid trip yet. However, they learned from the first visit that headache medication made her black out because of her experience with acid.

In the days following her initial visit, Sadie noticed more about her symptoms.

"The best way I can describe what I see is this fuzzy static over everything, almost like an old television," she said about her symptoms.

"And you know when you stare into light for a while? You get those spots in your vision. I have those all the time regardless of whether I've been exposed to light."

Later in the week, she still felt very unlike herself and wasn't sure where to turn. She decided to give her mother a call.

"I'd spoken to her earlier in the week and just told her I was feeling weird, but I was too scared to tell her what happened. It started getting worse and worse though and I knew I needed to let her know so she could help."

Her mother was surprisingly receptive to the news and was far more concerned about helping than discipline. "I told her to breathe and just keep calm. I'm from a generation where acid was part of the scene, but I didn't know the full story yet so I wasn't able to provide the best advice," she said in a phone interview.

The two researched symptoms and attempted to pinpoint exactly what was troubling Sadie. They were searching online when they finally found a match. Hallucinogen persisting perception disorder, or HPPD.

HPPD is defined as a continual presence of sensory disturbances, most commonly visual. The disturbances are similar to those generated by the use of hallucinogenic substances.

"We came across some studies online documenting HPPD and it sounded exactly like what I'm experiencing," she explained. "Basically, my nerves that were activated from the LSD are damaged and may never fully recover to normal."

She has met with specialists in Burlington as well as Boston and New York in an effort to find out more about HPPD and the steps to treating it.

"Because it's such a rare condition and there are so few studies, every doctor she's met with kind of has their own theory on how to treat it. And from what we've seen these theories work for some patients but not for others, so there are no guarantees," John said.

"Initially I was prescribed Ativan to treat it, but a while later my medication was changed to Klonopin. And recently my doctor has been talking about this drug called Lamictal," Sadie said detailing the pharmaceutical journey.

While Klonopin may treat her symptoms, the idea is to ultimately get her off medication altogether. Klonopin is an antidepressant that can be abused as a party drug, and medical professionals believe it to be addicting as well as damaging to the liver.

Sadie's roommate, Lindsey, described how the meds have affected her behavior. "Sometimes she seems more forgetful. Occasionally she'll just like zone out in a group conversation, but then bring up the thing we were talking about a minute or two later," she said.

John went into more detail about the direction her doctors are looking to go in terms of her medication. "The goal is to get her solely on Lamictal which is an anti-seizure medication that works differently than Klonopin, because it doesn't make you feel high or have lasting effects on your liver."

As they meet with more specialists, things are becoming clearer to them about exactly what the disorder is and how to go about treating it. Sadie is tired of being prescribed pills with lengthy names that may or may not even help what she's going through.

"This past weekend my mom was introduced to a neurologist from Long Island that wants me to go to New York to look at my brain and find an alternative form of treatment besides prescription drugs," Sadie said.

According to Sadie, if an MRI is done and they discover damage was done to the brain, the most medication will ever do is subdue the disorder, not actually do anything to help her recover. That's where alternative treatments would be more beneficial. They may find natural, therapeutic methods of treatment that don't involve prescription pills.

"The crazy thing is I could wake up one day and feel like my normal self," she said. "Or this could be something that lasts the rest of my life."

Safety pin movement comes to CU

By Jimmy Britt
Castleton Spartan

With the results of this year's election, our nation is experiencing a rise of fear among people of color, women and the LBGT community. With violent and nonviolent proatests occurring throughout the country, one professor wants to see change made in our community.

Professor Sanjukta Ghosh is organizing a safety pin movement event on campus to unify the school. She hopes this event's messages and actions will transcend more than just one day.

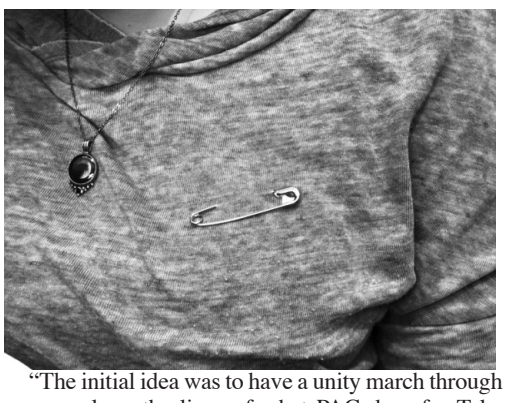
"Language matters, language hurts. Language can tear us apart and bring us together," said Ghosh.

Ghosh said that the language that has been used in this election year has been xenophobic, homophobic, racist and sexist. But she wants to counter it.

"What is the counter of divisiveness? Unity. Unity of all peoples, all political persuasions and all gender identities," said Ghosh.

This is what she hopes for. No one would be turned away or shamed for coming to the event. The pin will represent that you are a safe person to come to and you will provide help to those who need it.

However Ghosh wants attendees take a pledge or read up on how to be an active bystander before putting on the pin. She doesn't want the wearing of safety pins to be a hollow gesture.



"The initial idea was to have a unity march through campus along the lines of what PAC does for Take Back The Night rally. My students floated the idea to reclaim and coming together and saying this is everyone's space," said Ghosh.

A student later came to her and suggested to have candle vigil where each candle symbolizes something.

"We want to have an after effect. Not just a one time rally and that's were the safety pin comes in.," Ghosh added.

Others agree with Ghosh that the safety pin movement is a good stepping point for change in our community.

"I think the safety pin movement has potential to create a visible safe space for folks, but I also think it is a band aid where a tourniquet is necessary. This is a first step of a much more difficult journey," said professor Linda Olson.

Olson also believes that the Castleton community can serve as a model to others about ways that we can encourage unity and to create a safe space both on campus and in the larger community.

"For example we could have a table with useful information for safe intervention for bystanders. Folks interested in participating could read the material and sign a pledge that they will intervene on behalf of someone else; the pin then symbolizes this commitment," said Olson describing the potential after effect of the event.

However, Sarah Chambers believes that the safety pins are a good gesture, but not what we need.

"It's great that we are going to acknowledge the unsettled feelings that people have been having since the election," said Chambers.

Chambers feels that there are too many pros and cons to the safety pin movement and that it is a less active role in helping.

"I feel that if people are naturally prone to being active participants they will do the right thing when the situation arises. We shouldn't need a pin to be nice people," said Chambers.

A date for the event has yet to be determined.

Algerian student reflects on semester at Castleton

By Bahdja Sehli
Spartan Contributor

Years ago, I never imagined that one day I'd be in the U.S. writing about my experiences. After a long journey of applying for the UGRAD program, being interviewed by the U.S. embassy, travelling for 16 hours to pass the TOEFL test and studying online for the whole summer, I finally became a participant in the UGRAD program.

Coming to Castleton was my first time traveling alone, and the trip was very long. After a few hours, I joined the orientation for international students. The faculty was highly motivated and they helped us with everything.

Still, my first weeks in the U.S. were most challenging for me. The new lifestyle was very different. I was so busy.

I wrote my schedule for the first day. It may have seemed normal for most Americans, but for me it was a thing that I'd never expected before. Choosing classes was an unfamiliar process and the academic system was totally different. The food was not what I was used to eating. I felt overwhelmed. I used to call my family every single day.

However, when I started attending the classes, I got the support from all my professors, friends and classmates. I began adapting to the system and understanding the courses. I gained a large amount of knowledge and developed my English skills.

Being in the U.S. I could experience many things for the first time. From ridiculous experiences such as stuffing a Pikachu, to great ones, like traveling to New York or D.C.

New York was like a dream to visit. I explored many terrific places there. Central park, museums, Times Square and more. For the first time I could bike about 20 minutes alone, try international food and get a painting of myself. Travelling to D.C. was even more fun! We had the end of the program workshop where I could meet our amazing staff and the other 'UGRAD'ers, representing 50 countries. The workshop was so diverse and inspiring as well.

One of my other best experiences was when I joined the Film Club. For the first time in my life, I went to the movie theatre and understood an English movie without subtitles. I also attended the film festival in Burlington where I lived my best memories and made a lot of friends.

I experienced so many firsts; like seeing the snow and an American house, tasting new food, celebrating Thanksgiving, hiking, playing piano, going to a corn maze, writing for *The Spartan* and going to a haunted house on Halloween.

I had my first time being lost alone, walking when I didn't know where I was going or what I was doing, visiting an American supermarket at 2 a.m. and spending more than a week without talking to my family.

All these experiences that I had made me feel stronger and more ambitious. I got to know myself more and it inspired me to believe that I can fulfill all my dreams and take on challenges.

Those experiences may seem normal for a person who is used to them, but doing something for the first time is a different thing for someone who never has.

Traveling as a tourist you may visit places, take pictures and enjoy; but it is never the same when you travel as an exchange student. You get to know the place more. It deepens your understanding of the culture, you build real friendships and it teaches you a lot.

What do you like to drink?

By Nick Thompson
Spartan Contributor

It's the weekend and Castleton University senior Jordan Hill picks up an $8.99 6-pack of Woodchuck hard cider, her go-to, to get the night started.

She sometimes grabs Wicked Grove hard cider from Aldi's in Rutland, but only under certain circumstances.

"Sometimes, when I'm really broke I go to Aldi's and I get the same stuff made by Woodchuck, but made for Aldi's for $5.99," she said with a grin.

It's her favorite beverage to delight in, but as the conversation continued, you realize she isn't picky

"I drink wine, I drink beer, and I drink liquor," she added, not delving into specific choices within those categories.

"In that order," Hill added followed with instant laughter.

The premise was simple: find out what professors and students at Castleton drink on their down time. Is it hard liquor or cheap wine? Craft brews or cheap 30-packs? And do tastes change, or get sacrificed, when the wallet is virtually empty?

Hill wasn't the only person interviewed to favor hard cider.

Catherine Twing is another fan. That was her first preference, but whiskey and Coke is also right up her alley. She said she enjoys this drink at the bar, taking a step away from the regal hard cider for a couple reasons.

"It gets you drunk faster, and I like the taste," she said with a smile.

She also said that cheap beer is a no go.

"I'm not a beer drinker," she said.

But junior Taylor Keramis is the exact opposite. She absolutely loves cheap beer, with "PBR" her stated favorite.

"You get a 30-rack, and you can pound those suckers!" she said, stopped in front of Woodruff Hall having just gotten out of class.

Communication professor Jessica Cowden has perhaps more refined tastes then Keramis. She favors a dirty martini, the signature of a special night, while a glass red wine is the drink of choice when staying in at home. And when on a budget, the answer is still in the wine ballpark.

"Black Box wine It lasts a long time!" said Cowden with a laugh.

English professors Andy Alexander and Dennis Shramek were casually talking to each other in the hallway, when a reporter approached seeking their beverage of choice.

When handed the question, Shramek jumped right on it and said that he favors a gin and tonic when he's relaxing with English department colleagues because it makes him friendly. On the other hand, he drinks a glass a red wine when at home; it makes him sleepy.

Alexander is a bourbon guy, and his drink of choice is Eagle Rare. He doesn't hate scotch either, but favors blended versions over single malts.

A stroll to the philosophy department found professor Brendan Lalor just leaving for class, guitar in hand. In limited time, he quickly said he favors good Scottish ale.

"It's rich, it's dark, but I love it," he said, seeming to picture one as he spoke. Then he was off to class saying he planned to play a Bob Dylan song for his students.

Senior Chris Terry's is a corona with lime kind of guy, but if it's not Corona, it's either Coor's Light or Bud Light. When the budget isn't a problem, he's getting top shelf booze.

"When the budget's looking right, I'll get a bottle of Siroc, Hennesy, or Bacardi," he said. He went on to list a couple more, signaling he too isn't the pickiest of drinkers.

Senior Alexa Fryover favors wine, Blackberry Merlot to be precise. It's her go-to, even when on a budget.

"I'd still get it, its five bucks a bottle!" said Fryover enthusiastically.

If money wasn't a concern, Fryover joked that she'd probably just buy a bartender.

Sitting on the couch relaxing, senior Tyler Wilcox(talked about his love for the traditional orange juice and vodka screwdriver. On a budget, "I'm a Coor's light guy," he said.

PHOTO ILLUSTRATION MATT ZITWER / CASTLETON SPARTAN

There are some people who don't have the time to drink because they are just too busy with school work. Senior business major Hollie Byrne is one such person.

When she gets the opportunity to drink, she favors a sex on the beach, which is a concoction of orange juice, vodka, peach schnoppes, and cranberry. Some nights it's just a glass of wine.

"I don't have time to get drunk and deal with a hangover," said Byrne.

From 30 racks of PBR, to top-shelf booze, it appears mostly everyone at CU has a favorite beverage to party with, or just unwind after a long day.

But not William Chmielewski.

He hasn't had a single drop of alcohol. He says that he just doesn't feel the need to drink, not now, not ever, and he just turned 21 and can legally do so now.

"I'm here on a valedictorian scholarship. I'm not willing to jeopardize that," said Chmielewski.

Honoring an alum playwrite

Students showcase alumni David Setchell by directing his play

MARTIN VANBUREN / CASTLETON SPARTAN

Castleton seniors Dalton-Jesse Cummings and Peter Michelson directed a play written by CU alumnus David Setchell.

By Nicole Webster
Castleton Spartan

David Setchell graduated from Castleton in 1999 and has since worked at a high school in Maine, where Dalton-Jesse Cummings and Peter Michelsen, two of Castleton's senior theater majors happened to go.

For their Directing projects, they each decided to direct a play that Setchell had written. Both the plays that they chose were ones that Setchell wrote while they were in high school and working in the plays.

Michelsen's project, *These Hands,* which is about domestic violence, was first and Cummings project, *Letters*, which deals with communication while people are in the army. After both shows were finished, Setchell, Cummings, and Michelsen held a talkback for the audience and actors.

"The four shows in the book are our four years of high school," Michelsen said.

Setchell actually wrote the shows while they were being performed.

"A lot of the stuff, the actual dialogue, was generated in rehearsal with the kids as we're going through," Setchell explained.

His former students had both worked on or acted in the shows while they were in high school, but didn't try to recreate what they'd done in the past.

During the talkback, an audience member asked them if they were nervous about Setchell seeing anything they did differently, both quickly said "yes."

"Inside the book *Almost Too Dark*, he specifically says, in writing, in the end when Jimmy dies, I created this cool invention called the blood straw which is a straw with a bunch of red fabric that blow out so it looks like gunshots. I didn't want to do that, because I'm a rebel," joked Cummings.

"The book says I prefer to use this. I don't care. I thought it was strong to give the deaths the option of touch. When they touch that is the moment of a death wound," Cummings explained.

Setchell, however, wasn't upset about the liberty.

"The thing that I thought was most successful about your show was that first hand, right here," Setchell said making the gesture Death did on Jimmy's shoulder.

Michelsen said there were two things that made him nervous.

The first was the switch from young Gracie to older Gracie not being hidden due to not having a way to hide it in a space like the Black Box.

The other was the hands.

"The original production had seven hands, not including the narrator and I condensed it to two and had to pick who was saying what line and I was very scared about how that was going to turn out," Michelsen said.

Setchell wasn't offended. Earlier in the talkback he explained why he was okay with people taking liberties with his shows.

"I don't really care about the words that much. I care about the intentions of the show. I care about the thought process behind the show. They were work-shopped by high school students; they can be work-shopped by college students to make it so that it feels real," Setchell said.

The final question came from Cummings and Michelsen's most recent director, Professor Harry McEnerny, who happened to be one of Setchell's professors at Castleton as well.

"Can you describe what it's like? You've known these boys since they were fourteen years old, now they're twenty-one and twenty-two years old. Clearly you've had an impact on their formative years, even after, because they wanted to honor you by doing your plays again for you. What does that feel like?" McEnerny asked.

"I'm kind of blown away by this. First of all, the fact they came to Castleton. I love this place. I don't get back here nearly enough. My time here was wonderful so when I think there's someone that could benefit from the people here… I suggest it to them. To see these two here, and they're actually going to graduate, and they're in this department doing this thing we call theater; it's cool. And it's cool that they did my shows because I don't know if anyone will ever do them again. I hope they will," Setchell said.

Damn proud of me

By Kyle McCarthy
Castleton Spartan

With scars up and down my arms and a damaged soul, it is no secret I have struggled with depression. I can't take a shower without looking at myself and hating my body for the purple hills that are my scars. I can't wear short sleeves in the summer without wondering what everyone is thinking as they pass me by.

Every day it is a struggle for me just to get out of bed and bring myself to class, to work, to clubs, even to see my friends. I cannot talk to new people without the immense fear that they already hate me. It holds me back.

But now, I tell my depression, my anxiety, my immense traumatization from childhood abuse, NO. No, I will not let them stop me. I will not let them make me hate myself, but instead I will thank them.

Thank them for shaping me into the beautiful human I am now. Thank them for making me realize, yes, I am damaged, and that is okay. I am no longer afraid to live my day. I am no longer ashamed of the wounds I faced in my lifelong battle with myself. I am no longer in fear of what I will do to myself, or whether I will make it passed my 20's.

Because they are no longer who I am. I can gladly stand up and say I am not my illness. I will not let my depression be who I am. I will not let my anxiety hold me back. And I am definitely not letting my abuser win this battle any longer. 5 years later, I am allowing myself to be who I am, and I am damn proud of that person.

CU is holiday ready

JAMIE YAGER / CASTLETON SPARTAN

Jason Swett from Christmas Decor based in Rutland, Vermont gets Woodruff Hall ready for the holidays by hanging lit wreaths on campus.

Dome coming this Spring

Continued from page 1

Currently the track team has to practice outside or in the SHAPE Gym. This requires them to set up and take down all the equipment and mats.

"We have to practice indoors and there's really not a lot of space to do what we need to do," Langley said. "Track athletes would just be happy to have a place we can practice."

Junior Elizabeth Bassette, another member of the track team, agreed that it would help the team as a whole.

"We could feel more united as a team. Sprinters are on a hill, we're out running in the dark, throwers are in the gym," she said. "We would have a place where we're all together."

She also talked about the dome being a safer place to train as training in the winter when it gets cold and dark early, makes it dangerous to run outside.

In Dandurand's 2014 story, he addresses concerns students had about putting it in Rutland. In 2014, there was less Castleton involvement in Rutland so it seemed out of the way. Now that university owns several facilities in the city, including a residential building, the commute isn't as big of a concern.

"I don't think it's a problem having it in Rutland," said sophomore lacrosse player Peyton Fasse. "I think it would be great."

Langley mentioned the need for transportation for athletes if the dome will be in Rutland.

"That's something that needs to be taken care of because it's unfair as varsity athletes to ask us to drive back and forth from Rutland every day," she said. "It would be more convenient if it were on campus, but we know that's not an option."

Bassette agrees.

"It will definitely be a little more difficult, it's unfortunate that his has to be that far," Bassette said. "Already we have a tight schedule in college and then having to throw in a half hour of driving makes it harder."

Like many students who have heard about the dome for several years, Langley is doubtful that the dome will be installed when they expect.

"It's great to hear that it's going to be put up, but I can't get my hopes up because I've been told this before," Langley said. "I take it with a grain of salt."

Q treats CU students as her kids

Continued from page 1

"I've been on my own since I was 13," she said taking a deep breath after trying to figure out where to start.

She was born in New York, but from age 13 to 25, she was on the road.

"Life was a little difficult at that time, but I got out and I'm glad I did," she said.

Q soon found herself joining a traveling fair called "James E. Strate Shows" based in Orlando, Florida. She traveled with them for three and a half years building kiddy rides, working at the ticket booth and selling at concession stands. That's how she got to Orlando and settled for a few years.

When she was traveling, she never had a mentor or anyone to look up to for advice, but before leaving her home in New York her godmother gave her one piece of advice that stuck over the years of traveling.

"You may be an ugly duckling now when you're small, but when you grow up you will be a beautiful swan," she said with a reflective look that turned into a smile.

She always had a thing about how she physically looked, but that advice made her realize it didn't matter what people thought.

As she got older, Q went back to school, taking online college courses while working for bars, odd little jobs that she could find, and building up her culinary skills. Q would try to get her hands into anything that she could reach.

"I'm just a single spirited type person," she said.

When the economy fell and people were losing their jobs left and right, Q lost both of her jobs. She looked to Vermont as a safe haven, hoping to find a job here and to get closer to her family. Now she is working two jobs, at Huden and bartending and serving at The Holiday Inn.

"Right now I have time for nothing except for both jobs."

But when she does have some down time, Q said she loves listening to music that crosses different genres. "If it sounds good to my ear, I'm gonna give it a listen,"

she said. But the two artists she always goes back to are Patti Labelle and Stephanie Mills because she says they are old souls who talk about life and experiences.

Since her first day at Castleton University, she said she has always hoped for the best for every student who walks through the Huden door, and as a result, the students respect Q and she respects them.

"I am so hoping that all these guys make it. I got to know all of you, at least the majority of you. You guys are good kids man, you got great heads on your shoulders... And you guys treat me with the utmost respect and I try to do the same with everybody else."

Q lives alone, she had a fish named Gefilte Fish, a reference to the film "Rush Hour," but he died.

On Sundays, her only days off, Q likes to sit down, watch football, and drink a glass of wine or two.

Though she is content these days, she said she has high hopes for her Castleton student family.

"I'm just wanting everyone to learn, graduate, make all the money they can, and move out of Vermont. Travel the world, live life," she said.

Duo starts Planned Parenthood club

By Nicole Webster
Castleton Spartan

Today marks the official kick-off Castleton's chapter of Voices for Planned Parenthood. Though they held an informal meeting on Nov. 30, today's Speed Dating for Sexual Health event will be the group's first event.

"There's going to be themes, so you'll sit and talk to someone for two minutes. At one point you'll talk about Planned Parenthood services or your own personal sexual health or things that interest you about sex or nothing about sex or just health care in general," club President Karsen Woods, said explaining the event.

One of the main goals that Woods and Dani Cioffi, who jointly started the club as a class assignment, is to break down the stigmas that go along with talking about Planned Parenthood and sexual health in general.

"We're laying down the foundation and the hard work here. I'm leaving my legacy. I'm hoping that everyone wants to be proud, and will look at Voices for Planned Parenthood and see that they need to look at all these rights that we have, especially since we're the next generation that is going to be running this country soon," Cioffi said.

Cioffi is graduating in December and Woods in May, so they are working to make sure they have a strong group of officers to learn from them and keep the club going. The two started it as a project for their senior seminar project.

They are also hoping that the club will open up opportunities for members.

"I have been making incredible connections with the people at the D.C. office of Planned Parenthood, people in Colchester and Planned Parenthood of Northern New England," Woods said. She also said by being involved in the club and making those connections with Planned Parenthood, there is always a chance for job opportunities to come about.

JAMIE YAGER / CASTLETON SPARTAN

Karsen Woods and Danni Cioffi hope to raise awareness of the benefits of Planned Parenthood.

One of the types of jobs she mentioned was going to college campuses and starting chapters like the one she and Cioffi have started at Castleton.

Club members have already been invited to the State House in Montpelier in January to celebrate the anniversary of Roe v. Wade and will have the opportunity to go to the Nasty Women protest in Washington D.C. in March.

Woods is using the club to help make a difference, rather than just complaining.

"Sometimes we're all just Facebook politics. We're just Facebook protestors. You can share and share and share until you can't press anymore. What have you taught and what have you transcended to everybody?" Woods said.

The point of the club is to make sure that everyone feels safe. Woods said many times during the meeting that it was a safe place and that members should feel safe talking to her or anyone in the club about anything, because that's why they started it.

"Feminism is such a dirty word and in the same category Planned Parenthood is a dirty word and it shouldn't be. It's a health care center. My goal has always been to end stigmas," Woods said.

WCAX reported on student protest

Continued from page 1

Peffer said there were other ways to make sure they had the right amount of days, like starting in the middle of the week, doing finals on a weekend or starting a week earlier, which messes with summer jobs and athletics schedules.

Starting in the middle of the week throws off lab schedules and makes move-in days in the middle of the week so parents have to take work off to get their students there.

"Because it's tight, it's an issue for faculty and staff but the alternative would upset a lot people too," Peffer explained.

Breanna Morse, the vice president of the Campus Activities Board and organizer of the protest, realized that it would be hard to get a change for this year's calendar, but she said she would like to see a student on the Calendar Committee in the future.

"It was said that a student was at the meeting where the schedule was voted on, but that student did not communicate with anybody else about it, so we would love to have people run for the position," Morse said.

Peffer and Kimmel both mentioned that often times when students are invited as representatives, they don't always show up.

"We have, in the past, tried to solicit direct student input, even though the contract does not require this. This has never been very successful, however, because we received

very few replies to SGA surveys, etc., and the replies we do get often conflict (i.e., students want to start the semester late and end it early)," Kimmel explained.

Dean Jonathan Spiro admits to not liking the schedule either, but understands the challenges that the Calendar Committee has had.

"Something the president pointed out to me is that most employees have to work on Friday, Dec. 23, so we are training students to be good employees when they graduate," Spiro said.

Political club leaders respond to election results

By Leenda Maraldi
Castleton Spartan

It has been a month since the presidential election, which declared Donald J. Trump as the 45th president of the United States of America… in case anyone missed it. The results followed one of the most controversial and unpredictable campaigns in the history of this country, and the aftermath of the election has been rough for everyone, no matter the political alignment. But what about Castleton? We have decided to ask Vanessa Robertson and Quinn O' Riley, respectively leaders of the university's Democratic and Republican club.

Question: A month after the election results, how would you say they have impacted the country so far?

Robertson: They have made a lot of people scared. There has definitely not been much mend, which people highly hoped for. This has been the most real for women and minorities.

O' Riley: I think a lot of people were surprised, including professionals. As a Republican, I was a little surprised, too. I think a lot of people realized Trump will not govern in the same way as he declared during the campaign, and he will be more of a normal president than people thought.

Q: Immediately after the election, a lot of fear invaded the country. Do you feel like it has somehow faded away now?

R: I don't think it has faded away, or that people have been less vocal about it. Maybe social media calmed down a bit over the last few weeks, after the immediate explosion, but the news still covers hate crimes related to the election results and this general, legitimate fear. It might be less talked about, now that it is not "new" anymore, but overall it hasn't subsided.

O'R: I don't know, I think a lot of people are still suspicious. President-elect Trump has made people uncomfortable, and they need to be reassured. He still has to prove himself.

Q: As a leader of a politics-centered club on campus, have you had to explain these results to your younger fellow members, and guide them through the acceptance of them?

R: I definitely had conversations with people who were worried. I also talked to professors about what we should say now: so many people feel like freedoms are taken away from them. Personally I feel like people put too much faith in the executive branch and overestimate its power. My response to anyone who is afraid is to focus more on congress, and on its power to stop potentially dangerous actions.

O'R: Most of the people I talk to are literate about politics, they understand the results and what they mean. A lot of republicans I know were not excessively surprised, and I have not really had to explain results. In my opinion it was more of a referendum on politics than it would normally be, because this time the candidate was an outsider to the world of politics.

Q: I am sure you are aware that people are trying to get members of the Electoral College to change the election results. Do you think that could ever work?

R: I don't think it could ever be effective. If people want to switch to popular vote, it is a realistic goal to focus on over the course of four or eight years, but not over a month. I would be very surprised if there were to be a turnover.

O'R: It seems very unlikely to me. There is certainly a legal argument to it, but I am pretty sure the electors will go for their original choice.

Q: Final question: although it might be a little early on for this, do you think President Trump could obtain a second term?

R: As of right now, I don't. I am actually writing a thesis about the election results, focusing on "blowouts" in particular: what I am trying to prove is that when people are almost certain that a candidate will win, less people show up to vote. I believe that was the case with Hillary Clinton, and I am using her as an example. Moreover, people were not as passionate about either candidate this time around, and I think that really made a difference.

O'R: Trump has been very unpredictable. I think what could happen is he might just get bored of being President and say, "you know what? I'm out of here". If he were up to run for a second term, I don't know if he would get elected. What I am confident in is that people will be surprised by the next four years. I think he will be a pragmatic president, rather than an ideological one. We will see.

Career fair

JAMIE YAGER / CASTLETON SPARTAN

Junior Kiley Baran steps up to spin the wheel at a National Career Day event held by Career Services in the Campus Center atrium on Nov. 16.

Giving Tuesday was a success

AARON LETHBRIDGE / CASTLETON SPARTAN

Assistant to the Vice President of Campus Activities, James Wolfe, and Rebekah Jensen, Vice President of Academics, sort items from Giving Tuesday. Over 5,000 items were donated.

Sabo's late 3's lift the Spartans over the Pilgrims

By Hunter Knight
Spartan Contributor

Strong team defensive plus senior Lindsay Sabo's 17 fourth-quarter points, led the Spartans past New England College 51-45 in a Northern Atlantic Conference matchup on Nov. 30 at Glenbrook gymnasium.

Lindsay Sabo led all scorers with a game high 19 points to go along with her game-high three steals. Amanda Beatty recorded her first career double-double, tallying 12 points and a season high 13 rebounds, one shy of her career record of 14. Makayla Farrara and Taylor Raiche both ended with seven rebounds and six points apiece. Morgan Raiche added eight rebounds to help balance the rebounding game at 53-53 between both sides.

Rene Hudson was the leading scorer for the Pilgrims, recording her fifth double-digit scoring game of the season. Hudson also pulled down four rebounds and had one steal. Marjani Lillard finished with six assists and a team-high 11 rebounds in her active role for the Pilgrims. Marrissa Kopacz had a strong showing for the Pilgrims scoring eight points along with grabbing six rebounds.

The Spartans trailed the whole game going into the final quarter until Lindsay Sabo scored 15 of her 19 points consecutively for the Spartans by shooting 5-6 from beyond the arc. Sabo pulled up and hit a three pointer with 8:48 remaining in the fourth quarter to give the Spartans a 31-30 lead that they wouldn't relinquish.

"I looked up at the scoreboard and said, I got to get it together, so I stepped up a little bit and made my shots," said Sabo.

And she did exactly that. With 7:17 & 6:35 remaining in the fourth quarter, Sabo Sank two more three-pointers on passes from Alexis Quenneville, who finished with a team high 4 assists, to put the Spartans up 37-30. The Pilgrims answered right back with a layup by Tiffany Davis 16 seconds later, then Haleigh Martin closed the gap to within two when she sank an off-balance three-pointer from the right wing with 5:55 remaining.

The Pilgrims pulled within four when Rene Hudson made her second 3-pointer of the contest. A minute later with 2:34 Tanner Favreau made her only bucket of the game when she nailed a jumper off of Utshana Durham's assist pulling her Pilgrims within two, 43-41.

The Spartans closed out the game over the final 2:10 seconds of play from the free-throw line shooting 8-10.

"The beginning of the first half I thought we were really ragged offensively," said Spartan head coach Tim Barrett.

The Spartans shot 1-14 from the field in the first quarter and slightly improved in the second quarter shooting 6-19.

"It's good to win those games where you don't shoot the ball well," said Barrett.

The Spartans shot 26.6 percent on the day, marking their lowest percentage on the season thus far.

"Defensively, I thought we were solid," said Barrett. "Overall, I'm pleased with how we played on the defensive end,"

The Spartans registered a season high for blocks with nine, and tied a season high of seven steals while holding the Pilgrims to 25 percent shooting from the field. Morgan Raiche led the effort recording five blocks and now averages three blocks a game this season, leading the NAC.

"Our offense never got going the whole game," said NEC coach Erica Ledy. But despite the poor shooting, the Pilgrims took a 30-28 lead into the fourth.

"We played good defense in the first half, second half not so much," said Ledy.

In the first quarter alone the Pilgrims forced seven of their 16 team turnovers.

The Pilgrims also held the Spartans to 0-9 shooting from beyond the three-point line in the first half. During the second half the Spartans ramped up the long-range shooting going 6-9 from the arc, five coming from Sabo, and one from Quenneville.

Looking forward for the Spartans, Barrett said, "We need to get healthy, we haven't been healthy yet this year, we have had people out the first three games."

The Spartans have been without two players for every game so far this season, and sometimes up to three players have been sidelined.

All time between the two schools, Castleton has won all 16 of the meetings dating back to the 1985-86 season, with an impressive 10-0 record when playing at home. Coach Ledy said

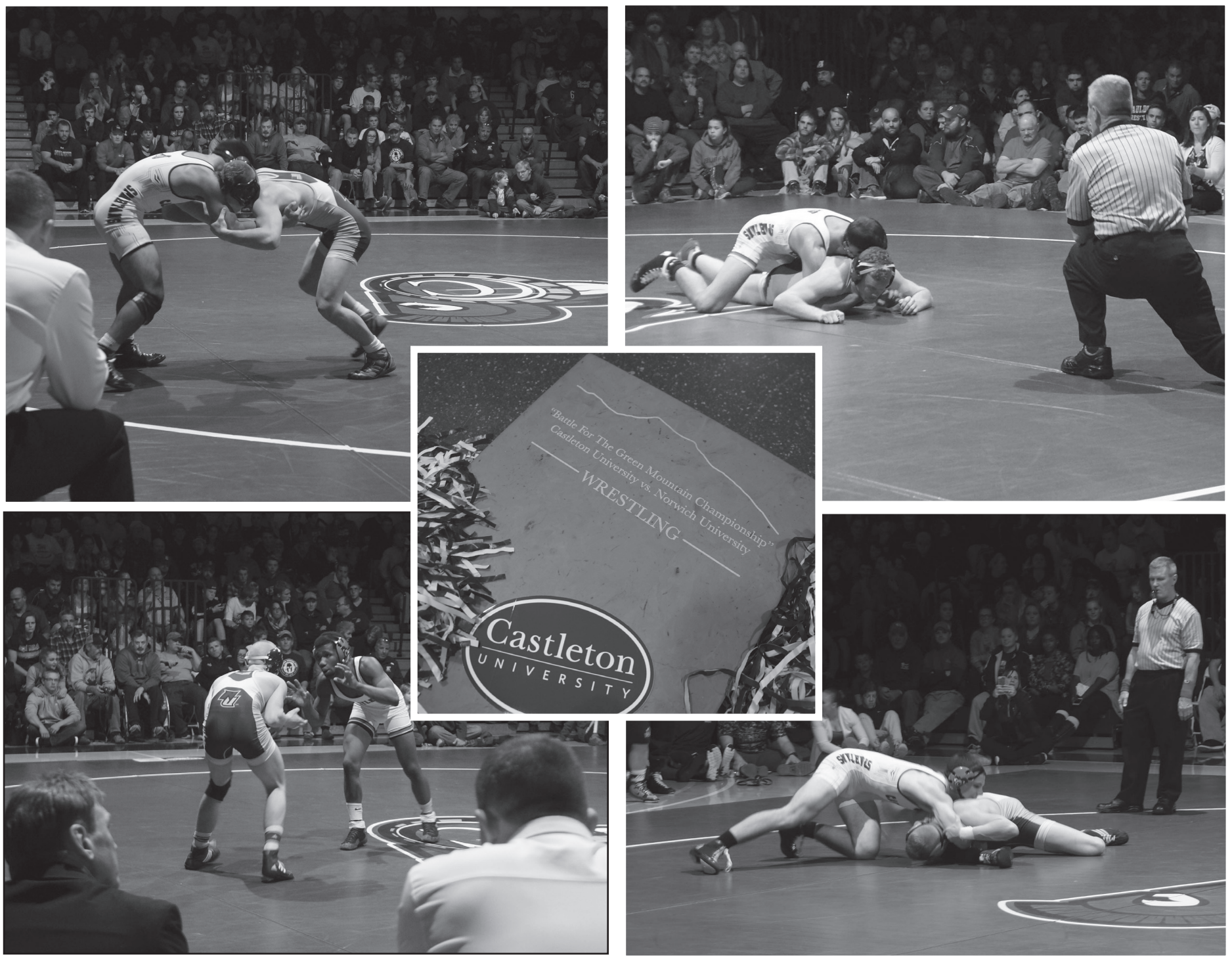
"The Spartans are a good team, very well coached, disciplined and they play hard," Ledy said when asked about the history between the two schools.

Castleton travels to Johnson St. on Dec. 8 and hosts Lyndon St. at 3 p.m. Dec. 10.

COURTESY OF CASTLETONSPORTS.COM

Lindsay Sabo celebrates after scoring one of her five 3-pointers against New England College on Nov. 30.

History in the making



MATT ZITWER / CASTLETON SPARTAN

Castleton University hosted it's first ever varsity wrestling match on Nov. 16 against in-state rival Norwich. The two schools competed for the Green Mountain Championship to see which team is the best in the state of Vermont. The Cadets were able to edge out the Spartans, winning on a third tie-breaker, 21-20.

Good start for CU hoops

DARA DAVIDSON / CASTLETON SPARTAN

Chad Copeland floats a shot over a New England College defender in the Nov. 30 game. The Spartans won 90-77.

MATT ZITWER / CASTLETON SPARTAN

Men's hockey coach Bill Silengo, left, and women's hockey coach DJ Fimiani, right, lead drills in practice earlier this season. Silengo is a first year head coach while Fimiani previous coached at Daniel Webster College.

The new faces of CU hockey

Silengo and Fimiani make an impact in their first season at CU

By Eva Clark
Castleton Spartan

Less than 24 hours after being hired as head coach for the Castleton men's ice hockey program, Bill Silengo found himself in Deanna Tyson's office asking if he could fly to Canada to recruit.

Tyson, associate dean for athletics and recreation at Castleton, was initially reluctant to grant his request – for his own sake.

"I looked at him and I said, 'Bill, do you have a place to live yet?'" Tyson said.

The North Haven, Connecticut native had previously been living on the outskirts of New York City working as assistant coach of the Manhattanville College men's hockey team, his alma mater. His living situation in Vermont had not been sorted out before he moved here.

"And he was like, 'Oh, I don't care. I'm not worried about that. I need to get on the road and start recruiting,'" said Tyson. "So right away I thought, wow, this guy is dedicated — he wants to be successful. He's flying to Canada and he doesn't even have a roof over his head, but he was ok with that."

DJ Fimiani has an impressive background in the sport of hockey – having experienced the sport's highest of highs and lowest of lows. For these reasons, he was selected over a Division I coach, to coach the Castleton women's hockey team.

"His disposition, I thought, was just a much better fit than the other candidate we had brought on campus. DJ was very appreciative of everything that we had here. His enthusiasm toward coaching and his personality were also what set him apart," Tyson said.

Fimiani's first head coaching position was at Daniel Webster College, and when he began, the team was nonexistent. Not one person had ever played for the Daniel Webster women's hockey team. He had to build the program from scratch, finding female players to come to the predominately male school.

"We didn't have very female-oriented majors. It was just endless recruiting, always traveling. My assistant coach and I spent a lot of our own money. So it was, um, tiring … stressful," Fimiani admitted, looking away as if to say he preferred not to dwell on the tough times.

The first-time head coach was given little to no instruction about how to get the program up and running. He was merely given a set of keys and an impossibly small budget, but Fimiani made it work.

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The new faces of Castleton University hockey embody determination, hard work and commitment. Silengo and Fimiani were hired for their strong work ethics and commendable characters.

If Silengo had to choose one adjective to define himself, it would be 'passionate.' His decision to recruit over finding a home perhaps illustrates that. It could also be the driving factor behind him being the first person in his family to graduate college, or why he landed his dream job of becoming a head coach quicker than he ever imagined.

> "It's not rocket surgery, shoot the puck!"
> - Bill Silengo

In college, while his friends were interning at local businesses, Silengo's internship was at the hockey rink. While he was a player, he said he felt as if he were interning simultaneously.

"I always knew I wanted to be a coach. During practices and while I was a part of the hockey team, I kind of took mental notes on what I liked and what I didn't like, and how the coaches implemented game plans and things like that," Silengo said.

His strategy seems to be working.

MATT ZITWER / CASTLETON SPARTAN

Bill Silengo sits at the desk of his new office.

"I like him a lot, he's a straight-up guy. Bill stops play, talks to the guys and tells them what to do. He takes personal time with them. The guys respect him, and the team seems a lot happier and more cohesive," said assistant coach Terry Moran.

Silengo's job at Castleton marks his first head coaching experience.

Previously, he held assistant coaching positions at Fredonia State University and Manhattanville College, where he graduated in 2012 with bachelor degrees in management and history and later with a master's degree in sports management. He was one of 30 applicants for the position, but Silengo's qualifications, confidence, and professional demeanor sealed the deal, according to team captains who were part of the final interviewing process.

"You could tell in his voice that he really, really wants to win something here and build the culture back up in our program," said senior assistant captain Nick Kovalchik.

"What I first noticed was how confident he was, and he just felt very in place and very comfortable. He knew what he was trying to get across and what he was going to do here," added senior captain Brock LaBelle.

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Unlike Silengo, coaching for Fimiani was something he "never saw coming." He always pictured himself pursuing a career in business, having acquired both bachelor's and master's degrees in the field from Norwich University.

Fimiani played hockey for Norwich too, winning a national championship in his senior season. He then went on to play professionally for a year in the Southern Professional Hockey League. But after dabbling with other work environments and then trying coaching, Fimiani said he would never go back.

His players at Castleton are glad he made the switch.

"He's very passionate and charismatic, we can tell he loves his job and really cares about the process of making everyone better. It doesn't matter if you're the best player on the team or not, he believes in your abilities and uses your strengths to make the team succeed," said senior Lisa Kilroy, one of the six seniors who have experienced three coaching changes in their time at Castleton.

"It's very clear that his goal is to be the best coach we've ever had. He's tough, but he's also very fair. I've played for 18 years and he's still teaching me new things every single day," senior Ally Brandland explained.

During practice Fimiani can be seen jumping into the occasional drill, or gathering pucks around the ice to set up for the girls. If he's impressed with something, he'll slam his stick on the ground a few times, as if to clap, or shout something positive. He answers the questions of girls who are waiting in line for drills, and checks up on players he sees waiting by the boards.

"What the hell is wrong with you?" he jokingly asks Brandland, who was grabbing decongestant medicine. She smiles, replies "nothing!" and rejoins practice.

Before his head coaching position at Daniel Webster, Fimiani was assistant coach to the Salve Regina men's hockey team for two years – helping to turn that program around, as well. But Castleton has been a breath of fresh air for him.

"Getting to this point is my greatest accomplishment; I'm in a place that really supports what we want to accomplish," Fimiani said.

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Silengo and his staff watch carefully as the men's team

ALDEN PELLETT / PRESS REPUBLICAN

DJ Fimiani shields the puck from a Plattsburgh St. defender during his time playing for Norwich.

practices. Occasionally he removes his glove, reaches into his pocket and grabs his practice plan. He only needs a quick glance to remind himself of the plans he spent 30-45 minutes drawing up before practice. Throughout practice he will shout words of encouragement and instruction.

"It's not rocket surgery, shoot the puck!" Silengo calls out at one point.

"He's got a lot of, um, phrases," senior captain Bart Moran says with a smile, in a previous interview.

"He's got unique phrases," LaBelle agrees.

"'We've got bigger fish to fry', that's his go-to," adds Kovalchik.

"He's got just kinda those types of sayings all the time. I quite enjoy 'em, really. They're fun," says Moran.

"Yeah, it's fun," concludes LaBelle.

Each player agreed they couldn't have asked for a better choice of coach to end their careers with. They described their experience this year as "night and day" in comparison to previous years playing for Castleton, especially appreciating Silengo's positive attitude toward the team.

"His attitude is great and he's also very prepared. He always has a plan in place for what we want to try and do. I think the program has a bright future ahead, and it's in the right hands now finally," Kovalchik said.

Moran expanded on Kovalchik's thoughts.

"As a coach you have to be critical, and when he is, he does it in the right way. He tells you what you need to do better, and then how, instead of just 'do better'. And he puts a positive spin on it so you don't feel like you just screwed up," Moran said.

The sense of mutual respect between players and coach is evident. When asked what it was he was most looking forward to this season, Silengo's response focused on the players.

"We've got a really, really good group and a strong group of senior leaders. I'm looking forward to getting to know the guys on a deeper level. To really work with them and go through ups and downs, and the good and the bad and try to win as many games as we can," Silengo said.

As the assistant coach of Manhattanville, Silengo had been to Castleton's rink before landing the job here. Seeing the team rosters on the wall and Castleton green all around, he appreciated the community support and school pride he could see that was affiliated with Castleton.

"As a visiting team, all the coaches talk and we would always go, 'Man, this is a first-class place.' So when I had the opportunity to interview here it was super exciting and a dream come true," Silengo said.

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Fimiani's office is a bit scattered. Compared to his coaching counterpart across the hall, it's an organized mess.

It features notes to himself and schedules pinned to a small bulletin board. On the floor, there are pucks and a few pairs of shoes — both sneakers and formal. Hanging on pegs is an array of different Castleton wind jackets and a white dress shirt in the corner on a hanger. On his desk are sets of keys, blank CD's, Robitussin, an empty Big Mac box, toe warmers, and a small toy basketball.

Perhaps not as meticulous in his office, Fimiani is meticulous on the ice.

"When he first got here, he spent the first two practices shooting pucks around the boards just to find out the geometry of the rink and how the boards are. He's very nitty gritty and analytic in that sense. He has analyzed every single one of us; he knows the way all of us shoot. He just has this separate part of his brain specifically for hockey, it's kind of insane," said senior captain Ashley Pelkey.

On the ice, it's clear the team and coaching staff enjoys being at practice. When it's time to listen, the squad is silent and attentive. Between drills, though, smiles and laughter are common. During one break in action, Fimiani skates toward a puck by the boards, nutmegs junior assistant captain Hannah Rose, and then skates away coolly.

Sports Talk with Dylan Blowers

Guards, such as Russell Westbrook, James Harden, Demar Derozan and Damian Lillard are tearing up the league. The "villain" Warriors and reigning champion Cavaliers are leading their respective conferences. And the Lillard-led Raptors, the always consistent Spurs and Clippers are not far behind.

Speaking of the Warriors, Draymond Green is still kicking people, this time in the face.

And the 76ers have 4 wins, and have actually had a *winning* streak this season. If that's possible, isn't anything?

The Warriors, to my disgust, must be talked about more. They're leading the NBA with a 17-3 record. They had a 12-game win streak going of late until recently losing to the Harden-led Rockets in double overtime; the game in which Green kicked Harden in the face after being fouled by Harden. Then they went on to blow out the Suns by 29.

The Warriors have two of the top eight scorers this year in Durant who's seventh with 27.3 ppg and Curry who ranks eighth and averages 26.9 ppg. They definitely will be a force in the playoffs again this season, and should give last year's 73-9 record a run for its money.

But is this year's MVP wearing a Warriors' uniform?

Now it's time to talk about my favorite player on my favorite team – Russell Westbrook.

He is a close second to Anthony Davis in scoring with 31.2 ppg. He is also second in assists with 11.3 per game, second only to James Harden. He is also tenth in rebounding, with 10.5 per game.

Yes, you are reading it right. Westbrook is currently averaging a triple-double through 21 games this season.

This is the latest in the season any player has done so since Oscar Robertson averaged a triple-double for the whole season in 1961. The Thunder are a decent 13-8, good enough for sixth in the Western Conference. I believe that if the Thunder can end up in the top four in the West, and if even if Westbrook doesn't quite keep up his historic pace, he should win MVP.

Especially when he's doing all of this without the cast that Curry/Durant or Harden has.

It has been a fun season so far, and I look forward to watching the rest; especially as Westbrook continues to prove that he really can, "do as he wants."